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goodfood

February 2022
DHS15

Middle East

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Hearty *specials*

Valentine's Day

- + The big brunch mushroom Yorkshire pudding
- + Venison cottage pie
- + Retro chocolate sponge pudding with chocolate custard

*Easiest-ever
midweek
meals*

**Elevated
comfort
classics**

**BBC GOOD FOOD MIDDLE EAST
MAGAZINE AWARDS 2021
WINNERS INSIDE!**

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GARAGE





Welcome!

January was meant to be our reset month, but we know it's all too easy to fall off the healthy eating bandwagon and order takeout or reach for any food in sight, especially during the rush of the first month of the year. If you struggled to get the ball rolling, much like me, February gives us a chance to start fresh. Turn to page 20 for a selection of wholesome midweek meals, page 62 for seasonal dishes teeming with good-for-you ingredients, and page 74 for everything from power lunches to nutritious suppers.



On a chilly winter evening, Parsnip soup is a great bowl to cosy up with (p30) or try our Easy lamb stew for a classic casserole that can be frozen for up to three months (p34). During this season, Cottage pie serves not only as a warming meal but also as comfort food. Turn to page 26 for two ideas and page 43 for creative takes on comfort classics.

Along with flowers and chocolate for your Valentine, impress him/her with a romantic meal at home. Tom Kerridge has curated the perfect candlelight dinner menu, on page 36. If you're looking for a tranquil escape by the ocean with your partner, make a beeline for The Oberoi Beach Resort, Al Zorah.

Did you cast your vote for the BBC Good Food Middle East Magazine Awards 2021? Turn to page 86 to find out if your favourite brands won their respective categories.

Nicola Monteth
Editor

WHAT WE'RE LOVING!



"This Zingy grapefruit, prawn avocado & tamarind salad is a great light lunch for busy days," says Sales manager, Liz.



Digital editor, Serena says: "I rarely cook with polenta but every ingredient in this Lemony polenta with roasted cauliflower, pine nuts, raisins & capers sounds fabulous!"



"Kimchi double-cheese toasties are an absolute weekend indulgence! This dish combines my favourite fermented food with a grilled cheese sandwich," says graphic designer, Froilan.



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* COMPETITIONS

107 Gift vouchers, meals and plenty more.

Our recipe descriptions

V Suitable for vegetarians.

❄️ You can freeze it.

❄️ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



It is alleged that up to 38 per cent of food is wasted in the UAE, with many people discarding their leftovers in favour of new meals. Your article on creating meals using Christmas leftovers showcases how, with creativity and imagination, leftovers can be transformed into delicious meals such as soups and salads. Cutting down on food waste is not only beneficial to the wallet, but it also has a positive impact on the environment, which is a wonderful way to start the new year.

Jordana Hurrell



Another great issue, well done *BBC Good Food Middle East*. What a great way to start the year! I particularly enjoyed the recipes on hot chocolate, such a great way to spice up this delicious cocoa beverage in some new ways. Also, the Christmas leftover recipes were fabulous. With lots of turkey and other treats in the freezer, these are great ways of making use of leftovers.

Sarah Steck



The last issue was on our kitchen table, and it was a well-used issue. We started the year with a roast chicken, and what is not to like? I discovered the chicken stock recipe. I now have 2 litres of chicken stock for my ramen and soups. As we celebrated Christmas with friends in France, we didn't have any leftovers. We went straight for the Asian part this time. A new favourite in the household, both with my husband and teenager, is the Honey, sesame and orange king prawns. We had it twice this week and then altered it and used chicken breast cut into small cubes. And the teenager, a very big sushi fan, saw the advert for Dukes' sushi lounge and already stated we are testing that restaurant this weekend.

Christine Engen

WIN!

DINING VOUCHERS FROM SANTÈ RIA, WORTH AED1,000

Santè Ria, the trendy Latino Restaurant & Cocktail Bar featuring full-bodied Latino spirit and flavour, is giving away two dining vouchers to one lucky winner. Located in The First Collection at Jumeirah Village Circle, the two-floor venue is split between a casual restaurant on the 29th floor with floor-to-ceiling windows, and a laid-back bar on the level above that boasts unrivalled panoramic city views from the outdoor terrace. Bursting with authenticity, infectious playfulness and constant celebration, Santè Ria's menu embodies the heart and soul of South America, where diners can enjoy dishes from the chef's personal collection of family recipes. Don't miss the Tiradito al aji amarillo, a Peruvian-style cured sea bass with coriander and sweet potato.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of *BBC Good Food ME*!

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



COFFEE CULTURE

Dubbed the Rolls Royce of coffee, Panama Geisha has finally arrived in Dubai, as Intellect Coffee launches its own version. Made from hand-picked coffee cherries harvested under specific conditions from the tallest mountain in Panama, the Volcan Baru, the finest Arabica beans are used to brew this delicately flavoured coffee. Panama Geisha's distinctive flavour profile (smooth, fruity, silky) is one of the characteristics that make it so prominent. Intellect Coffee brings a unique sweet flavour and tasting notes featuring pineapple, lemon peel, grapefruit and cacao nibs, contributing to Panama Geisha's characteristics. For coffee connoisseurs out there, these beans scored an 89.25 in cupping - the industry standard for a speciality grade of coffee is 80 and above.

Panama Geisha bottle (500ml) is available for AED155. Intellect Coffee is available at sippybeans.com.

THE BEST BITES

Let an expert private chef curate the menu and setting for your next fiesta at home. Maiz Tacos Mexican Grazing Board features two metres of Mexican specialities, including everything from guacamole and tacos to Instagrammable greenery and fruit, as well as tablecloths, for a picture-perfect setting.

AED2,900 for 16-18 people. Contact +97150 151 7665 or send a DM to @maiztacos on Instagram.



THE WORLD'S FIRST, MANAGED EXPERIENTIAL FOOD & BAR HALL

Social Distrikt, plugged in by cloud kitchen platform Kitopi, has finally opened its doors at The Pointe, sited directly in front of the world's largest fountain, The Palm Fountain. Conceptualized by Limestone Lab, the 20,000 sq. ft space offers a multi-sensory dining experience featuring grape gardens, gastro bars, dining lounges, social spaces, entertainment corners, culinary workshop areas and more. Dine al fresco this season, with front-row views of the fountain, and tuck into specials from open-kitchen concepts such as Pinsanity, Couqley, Ichiban Sushi, Zaroob, Circle Cafe, Rock House Sliders and Japang, to name a few. Additionally, the concept also features an eclectic concept store by FLTRD, a VR gaming corner by Robocom and a vinyl record station by Raw Music Store.



THE PLANT-BASED WAY



Waitrose UAE has announced its largest vegan and vegetarian product launches with two new ranges, Plantlife and GoVeggie. Part of the British grocer's brand concept, Holistic Living - which brings together health-focused products to help people live a more balanced lifestyle - the line features 'first to market' easy cook options including Thai-style no fish cakes, No chorizo tortelloni, Spiced bean burgers, Green vegetable, cheese & pesto sausages, and Mushroom & seed wellington, to name a few meals. Ingredients such as miso, soy and a variety of spices are used in these flavour-packed dishes.

Waitrose.ae

AL FRESCO DINING!

It's time to pack your car with camping gear and head outdoors for a social gathering. SLAW's latest launch, the grill box, is the perfect addition to your outdoor picnic or even a burger night at home. The limited-edition grill box contains ready-to-use items including ten fresh potato buns, premium burger patties, bacon, cheese slices, special homemade pickled jalapeños, renowned dill pickles, tomatoes, onions, fresh lettuce and celery. Signature specials such as the Oh La La Sauce, smoked BBQ and a curated salt mix are also included.

The limited-edition grill box is now available at AED300. Pickup at the Jumeirah store or opt for delivery by booking one day in advance. Visit houseofslaw.com

DUKES

THE SUSHI LOUNGE

A Taste of Japan arrives at Dukes the Palm

The award-winning destination situated at the heart of Dubai, Dukes the Palm, a Royal Hideaway Hotel, offers a five-star escape into a world of glamour and exclusivity. For the season, the property's very own Champagne and Tea Lounge has launched its new menu of delectable sushi offerings. Available from 6 pm to 10 pm every evening from Tuesday to Sunday, guests can revel in a wide selection of flavourful and freshly prepared sushi, sashimi, nigiri, and many more.



The Sushi Lounge



Champagne and Tea Lounge, Dukes the Palm



Tuesdays to Sundays



6:00 pm - 10:00 pm



À la carte dishes starts at AED 55

+ 971 (0) 4 455 1101

dukesthepalm.dining@royalhideaway.com

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Flavours of the *month*

What's hot and happening
around town this month

CAFÉ BEIRUT

Offering views of the Burj Khalifa, this homegrown brand nestled in Al Murooj Complex Downtown offers a massive indoor area enhanced by a traditional ceramic water fountain, an olive tree, and a setting that's evocative of the 1950s - the golden age of Beirut. Diners can expect an extensive menu served all day, including specialities such as Ballila with pine nuts, Eggs and sojouk, Fattet hummus and grilled halloumi cheese for breakfast, hot mezze, grills, and desserts such as Knefeh.

Contact +9714 422 5211.

CLEO, HYDE HOTEL DUBAI

Capturing the vibrancy of Eastern Mediterranean-inspired cuisine with a Levantine twist, Cleo offers a modern take on sharing-style dishes. This unique dining experience is further enhanced by an extensive grape cellar, table-side theatrics and an upbeat, lively atmosphere with live entertainment. The menu features an array of fresh seafood, plant-based options, succulent grilled and roasted meats, highlights such as Black truffle flatbread and cheese manakeesh and a spit-roasted lamb that is fired up every day on the restaurant's impressive terrace boasting views of Dubai Canal and Burj Khalifa.

Contact +9714 871 1013.

TANDOOR TINA



Combining British and North Indian cuisines, this exciting concept stems inspiration from travels across the Indian coastline while offering a taste of the Tandoor Chop House menu (the brand's first outpost in London) fused with traditional British ingredient combinations. Expect dishes such as Chip butty complete with a spiced coleslaw and curry sauce, Potted chilli crab with paratha, the signature Dexter beef 'dripping' keema mince on toast, Amritsari lamb chops and a whole roast chicken, amongst other flavour-packed dishes.

Contact +9714 210 2500.



VERO, HILTON DUBAI JUMEIRAH

Embark on a culinary journey through Positano at this newly launched Italian restaurant boasting iconic views of Ain Dubai. Offering modern Italian cuisine and a unique raw bar experience, Vero focuses on fresh seafood and flavours of the Tuscan Coast. Diners can expect dishes such as the unique crudo pizza Carpaccina (a crispy dough, beef carpaccio, fresh rocket, Grana Padano and black truffle), Langoustine tartare (lobster with fresh pine nuts, Asian salad, crispy quinoa with white chocolate and yuzu) and traditional Italian desserts such as tiramisu and cannoli.

Contact +9714 318 2999.



ROBERTO'S

Celebrate love with an intimate 'San Valentino' celebration dinner. Re-decorated with a romantic flair, the Italian house will delight couples with a five-course menu while a violinist, singer, and cello performer serenade and transport guests to the heart of Italy. The menu comprises marinated Gillardeau oyster with tuna, Yuzu and jalapeño dressing, Sea asparagus and ravioli pasta filled with chickpeas and mussels, and Wild turnip all-in pumpkin sauce. The meal concludes with Roberto's vanilla and strawberry ice cream topped with warm spicy chocolate foam and dry passion fruit. The à la carte menu is also available on its Piemonte, Main Lounge and Premium Lounge with a minimum spend of AED750 per person. In addition to this, San Valentino will bring a night of surprises and gifts.

February 14 from 7pm. Packages available for AED3,000, AED5,000 or AED7,000 per couple inclusive of a premium bottle of pink or sparkling grape, roses and truffle chocolates. Contact +97150 377 1966.

GRILLS@CHILL'O SOFTEL ABU DHABI CORNICHE

Escape to the L'Amour Brunch featuring a distinctive romantic theme with a new set menu every Saturday. From roses to chocolates and berries, relish dishes such as Boston lobster, Divers' scallops, Wagyu beef cheek with truffle potato, asparagus and grape reduction, Tasmanian lamb rack, Raspberry tiramisu and Gianduja chocolate crémeux.

AED255 including soft beverages, AED350 including house beverages, AED395 including bubbly and AED535 including the premium sparkling package. AED95 for children between 6-12 years old. Children below 6 years dine complimentary. Contact +9712 813 7777.

MOSAIC POOL BAR, SOFTEL DUBAI DOWNTOWN



Impress a loved one with spectacular views of Downtown Dubai coupled with live entertainment by saxophonist, Julia Jane Stead, a three-course set menu and a bottle of bubbly. To set the tone of the evening, this package will take place over the pool area, in a perfectly distant spot where couples can enjoy dinner under the stars.

The Valentine's Dinner package is available from 7-11pm at AED2,499. Contact +9714 503 6112.



CONRAD ABU DHABI ETIHAD TOWERS

Treat your loved one to a private dining experience at the idyllic beach setup at Nahaam and savour an exquisite four-course menu showcasing poached Maine lobster, Hamachi ceviche and more. The second course offers a two-way Foie gras with candied walnuts, infused brown raisins and thyme duck jus, followed by a decadent spread with a herb-marinated Wagyu beef tenderloin or a seven-hour slow-smoked beef short ribs coupled with sautéed Heirloom carrots, courgettes and asparagus spears. Guests can also add a boat trip experience, complete with a bouquet of roses for a whimsical date night out.

February 14 from 6pm. AED3,000 per couple, inclusive of one bottle of bubbly and AED4,500 per couple, inclusive of one bottle of bubbly and the boat experience. Contact +9712 811 5666.

For weekly restaurant updates and Valentine's

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Tried & tasted

Our top dining experiences this month



11 WOODFIRE

The much-awaited 11 Woodfire recently opened its doors in a cosy nook of Jumeirah 1, and we excitedly made our way over to check it out. An enormous open courtyard with spacious seating greets you, before you walk in to see a grand archway frame the distant indoor setting. Warm lighting surrounds, brightened by an impressive kitchen where the embers of woodfire burn bright. We caught ourselves staring, mesmerised by the dancing flames which highlight the restaurant's core philosophy – a warming fire where you can gather and share wholesome food with loved ones.

11 Woodfire boasts a multisensory culinary journey where diners can discover the cooking techniques of days gone by, those in which wood, fire and smoke play an essential role in the creation of the dish.

The highlights:

Dining al fresco is mandatory to enjoy the UAE's gorgeous winter weather, and we did just that. To begin, and on our server's recommendation, I ordered a 330ml infusion of sorts. Served cold, Putih is a distilled brew from ingredients such as chrysanthemum flower, chamomile and kombucha, and it offers delicate floral and herbal notes with a mild sweetness. From the fizzy beverage portion, we tried a refreshing Biere de Amis, a 0.0 per cent Belgian Blonde beer.

The dining menu features five distinct, self-explanatory divisions with multi-cuisine fire-cooked dishes. These are: Equilibrium – Land and Sea, Botanic Kingdom – Seasonal Vegetables, Ocean's Bounty – Seafood, Heartland – Prime Meats and The Lasting Memory – Desserts.

Our first course comprised Pine smoked Scottish salmon with a citrus cream and caviar sauce that lent a

beautiful umami to the silken soft fish; and Chlorophyll, featuring a mix of green plants, leaves, peas and beans topped with a flavour-packed dressing.

If you're a seafood enthusiast, we thoroughly suggest the Atlantic sea bass, grilled with garlic and Kashmiri chilli to a crisp, almost-charred but succulent perfection. Add a spritz of lime over before your tuck in, it serves to elevate the explosion of flavours in your mouth. Portioned for two to share, the Butterfly spring chicken with garam masala was not only presented pretty, but tasted great too.

We chose two plates to accompany our mains – barbecued Leeks over a yam puree, topped with dill and grapefruit, and a serving of potatoes. The mild sweetness of the leeks married well with the earthiness of the yam and the acidity of the grapefruit; while the rich, comforting Potato gratin with Parmigiano Reggiano rounded off our serving of vegetables for the day.

Dessert to share (although I almost didn't want to after my first bite) included a Burnt cheesecake with goat's cheese, topped with a milk chocolate sauce. Sinful and lush, we polished it off in no time, ending our experience on sublime note.

The verdict:

If you're looking for a spacious, unhurried setting with unique beverages and glorious food bursting with all kinds of flavours, 11 Woodfire is the place to be.

Book now:

Tuesday to Friday from 12-4pm and 7-11pm, Saturday and Sunday from 8am-4pm and 7pm-12am. Call +9714 491 9000.





TAMOKA

Perched right on the shores of the Persian Gulf, Tamoka is a hot new dining destination at the buzzing Jumeirah Beach Residence. The restaurant stems inspiration from the rich heritage of the Antillean islands, cities of Tulum, San José and Lima towards the shores of Cartagena, Caracas and Panama City, and onwards to the Caribbean islands.

The spacious, open plan setting features a centrally positioned statement bar, a dedicated ceviche counter, an open-kitchen and an al fresco dining space complete with fire pits and sunken lounges. You will notice the intricate attention to detail, right from the warm lighting to the greenery, the wooden furniture and even the ceiling.

Before we get to the food, Caña by Tamoka, Tamoka's little sister, deserves a mention. The beach bar sits further down the beach, with a winding pathway connecting the two. Boasting a sand-between-your-toes feeling, the concept is open daily from 12-8pm. We arrived just after and unfortunately missed out, but there's always a next time.

The highlights:

Out on the terrace, our seats by the seashore offered views of Palm Jumeirah all the way across to Ain Dubai on Bluewaters Island. After spotting talented mixologists work their magic, my dining partner wandered off to catch the action; while I made my way over to the open kitchen for a glimpse of Chef de Cuisine Cesar Bartolini and his team, rustling up contemporary Latin-American creations.

Back at our table, we were offered a complimentary serving of warm bread

with an eggplant dip which, we were informed, changes daily. Greek yogurt with onion, garlic and a bit of coriander completed the list of ingredients within.

Next up was Faina – a chickpea flat bread with wild mushrooms, salted ricotta, finely chopped coriander and grated parmesan – and after watching Chef Bartolini put the dish together like art on a plate, we had to try it. I'm glad we did! A classic in Argentina, Faina is often eaten with a slice of pizza. At Tamoka Dubai, this Entrada (bite) features a hint of truffle oil that elevates and complements each bite.

Creative concoctions are an unmissable indulgence, especially since the venue offers an array of house-made spirit infusions – think strawberry and cassis, coffee and cacao, and smoky tamarind. The Signature sips are inspired by travels through the Antillean islands and coastal countries in the Caribbean. We opted for First Love with essences of fevergrass, peach and rose, lemon, hibiscus grenadine and pink grapefruit soda; a Blowout with smoked mango, ginger, lime, egg white and soda; and finally, the Debutante, with aromas of toasted coconut and banana, lime, coconut water and butterfly pea. The Blowout in our opinion stole the show, not only for being delectable but also for the highly-Instagrammable blowfish-shaped glass it is served in. Another recommended beverage is Hemingway's Wise Words, with an infusion of fire-grilled pineapple, pink grapefruit and lime. A little letter with a handwritten note inside, courtesy the Bar staff and Ernest Hemingway, accompanies each blend.

Back to the food, Pulpo ahumado (smoked octopus) with chile ancho, purple



potato and micro herbs follows from the Ceviche/Crudo (Raw) portion of the menu. The dish is already a feast for the eyes with the seafood hidden under a smoky dome; but one bite in, and your tastebuds have a feast of their own. We shared an Off the Grill dish for mains. The Craw lobster with butter, charred lemon and a generous portion of seasonal leaves was sweet, juicy and downright sublime. We opted for a side of Grilled, tender broccoli with lime dressing.

The grand finale, Postres (desserts), in the form of a Don Pedro with Vanilla ice cream, spiked chocolate sauce, whipped cream and walnuts – an adults' only sundae (why should kids have all the fun?) – arrived and my dining partner inhaled it. I devoured the Tiraditos de piña, a plate of pineapple carpaccio topped with kiwi, passion fruit and a scoop of coconut sorbet.

The verdict:

Unquestionably spectacular food and punchy sips, elevated by genuinely great service, gorgeous islandesque décor and a fabulous ambience. If beachside vibes with exquisite views is on the cards, add this hotspot to your list.

Book now:

Monday to Friday from 12pm-1am, and Saturday and Sunday from 12pm-2am. Call +9714 318 6099.



NETTE, MATCHA CLUB

Placed within the MATCHA Club, a boutique padel club in Dubai, NETTE is a newly-opened restaurant from the team behind Cassette Dubai, offering innovative French-Japanese dining in the heart of Al Quoz.

NETTE offers a welcoming space amidst gorgeous greenery, a yoga studio and numerous outdoor padel courts. A quick walk leads from the parking lot to the dining concept, where you will find a welcoming ambience in shades of terracotta, green, greys and beige. The indoor space features an expansive coffee bar, snug seats with a mix of chairs and couches, and floor to ceiling glass that looks out to a shaded courtyard with an al fresco setting, and a vast Mango tree.

We were guided to a side terrace with a few intimate tables that offer a direct view of the padel courts. Dinner with a side of sport indeed.

The highlights:

The menu, designed by chef Shaunne Cordier of Cassette, is instantly recognisable as one that's created with

elevated classics in mind. It offers a myriad of beverages in the form of smoothies, milkshakes, juices, lemonade, cold and hot coffees, and tea; while an all-day breakfast (I instantly know what I'm having), sandwiches, salads, desserts and pastries complete the selection.

Our "appetizer" was in fact a salad of Seared miso rubbed tuna loin with compressed watermelon and wasabi marinated shallots, topped with fresh chives, micro herbs and a soy and lime dressing that simply enhanced the flavours of the dish and the mouthfeel of the fish.

I sipped on a must-try Yuzu apple lemonade that was pleasantly refreshing and citrusy, without being too tart.

Do note that it was 8:30pm when we got there, but the all-day breakfast beckoned and I couldn't resist. Options are aplenty and after much deliberating, I decide on a Miso Benedict featuring two perfectly poached eggs, a lush and velvety miso brown butter Hollandaise with dried capers and pickled shallots on a toasted rustic country sourdough bread. The ingredients, especially the saltiness of the capers, worked well

together to produce delectable bites that were amplified by an add-on request of crisp beef bacon.

But that wasn't the star of the night. My dining partner opted for a Miso braised beef French dip sandwich, with a generous helping of brisket heaped on toasted olive ciabatta bread with fontina cheese and a rich miso au jus on the side. A spiced cold seaweed salad accompanied, offering a contrast in temperature to the hot gravy. Unassuming at first glance, the seaweed salad somehow rounds off the comforting, hearty dish.

I decided to skip dessert, as I was stuffed by then. But my dining partner reached for a Chocolate milkshake. In his words, "just a good old fashioned frosty shake, no frills or fancies but definitely addictive."

The verdict:

From breakfast to lunch and dinner, NETTE is perfect for post yoga or padel game pitstops, cosy family outings, corporate work gatherings, casual catchups with friends or even cheeky mid-week dates with the partner.

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COOKING PROJECT

Free-from baking

Spend time over the weekend making this fudgy chocolate cake with rich, thick chocolate frosting. It's suitable for those following a gluten-free diet, too.

Gluten-free chocolate cake

SERVES 10 **PREP** 45 mins
COOK 35 mins **EASY** V

150ml vegetable oil, plus extra for the tins
175g plain gluten-free flour
1 tsp xanthan gum
50g cocoa powder
1 tbsp baking powder
½ tsp bicarbonate of soda
75g dark brown soft sugar
75g caster sugar
2 tbsp golden syrup
2 eggs
100g Greek yogurt
100ml milk
2 tbsp instant coffee, dissolved in 4 tbsp hot water

For the chocolate buttercream

65g dark chocolate
300g icing sugar
25g cocoa powder
150g soft salted butter
3 tbsp milk

1 Heat the oven to 180C/160C fan/gas 4. Oil the base of two 18cm sandwich tins and line with baking parchment. Mix together the gluten-free flour, xanthan gum, cocoa, baking powder, bicarb, a large pinch of salt and both sugars together in a large bowl.

2 Whisk the golden syrup, eggs, oil, yogurt, milk and coffee together in a jug. Gradually whisk the wet ingredients into the dry until you have a smooth mixture.

3 Pour into the prepared tins and bake for 30-35 mins until risen and firm to the touch. Leave to cool for 10 mins in the tins before turning out onto a cooling rack.

4 For the buttercream, melt the chocolate in a heatproof bowl over a pan of simmering water, ensuring the bowl doesn't touch the water. Or melt in short bursts in the microwave, stirring between each burst. Leave to cool slightly. Meanwhile, beat the icing sugar, cocoa, butter and milk together for 5 mins until smooth and fluffy. Slowly beat in the melted chocolate, scraping down the sides of the bowl.

5 Spread half the buttercream over the middle of one sponge using a small palette knife. Put the other sponge on top, with the flat bottom facing up. Spread the remaining buttercream around the top and sides of the cake, smoothing with a palette knife. If you have any buttercream left, you can pipe rosettes on top of the cake.

PER SERVING 604 kcals • fat 35g • saturates 13g • carbs 66g • sugars 50g • fibre 2g • protein 6g • salt 1g



TWIST IT

● **Chocolate & hazelnut** Add 2 tbsp chocolate hazelnut spread to the buttercream and divide 50g chopped roasted hazelnuts between the middle and top of the cake.

● **Chocolate peppermint** Add 1-2 tsp peppermint extract to the buttercream.

● **Salted caramel** Spread a layer of shop-bought dulce de leche (around 3-4 tbsp) and a pinch of flaky sea salt into the middle of the cake before sandwiching together for a salted caramel twist!

WHY DO WE USE XANTHAN GUM?

Xanthan gum is great in baking as it holds together solid particles to develop elasticity, which is what the gluten normally does – so it's ideal for gluten-free bakes.

KITCHEN HACK**Cleaning sticky hands when baking bread**

Washing your hands to remove bread dough can result in more mess, as the flour gets wet and forms a paste. Most bakers use extra flour to help remove dough from their hands – simply rub them with a dusting of extra flour to remove the excess, then you can wash your hands without a floury paste clogging up your sink.

FRESH BAY LEAVES AND CUSTARD
YES, IT WORKS!

Bay is a sweet-scented herb that works beautifully when gently infused in custard-based desserts, and also complements spices like cinnamon, ginger and nutmeg as well as autumnal fruits. Try infusing fresh bay leaves in a traditional custard tart filling, the base for ice cream, crème caramels or in panna cotta.



bay leaves



custard

**MYTH BUSTER****Poaching eggs**

TRUE OR FALSE?
VINEGAR HELPS ACHIEVE PERFECT POACHED EGGS

We're often told to add a splash of white wine vinegar to the water when poaching eggs in order to help set the white. Vinegar does have some effect in this case, but the best way to ensure you have nicely

rounded poachers is to look for the freshest eggs. As eggs get older, the composition of the whites changes and becomes more liquid. A fresh egg white will form a neat little parcel around the yolk.

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easy

Delicious, simple,
and easy-to-
make recipes



midweek meals

■ all in one pot, page 20



everyday

■ meal for one, page 29



two twists

■ cottage pie, page 26



frozen assets

■ classic casserole, page 34

midweek meals

All in one pot

Save on washing-up and get dinner on the table faster with these recipes made in one pot, pan or tray, and in just two simple steps

recipes LIBERTY MENDEZ *photographs* TOM REGISTER

Creamy greens
pot pie



Sesame sweet
potato &
salmon bake



your shopping list

VEGETABLES & FRUIT

4 leeks
300g kale or cabbage
2 onions
7 garlic cloves
500g sweet potatoes
400g cherry tomatoes
300g long-stem broccoli
2 celery stalks
3 lemons

STORECUPBOARD

250g filo pastry
6 tbsp rapeseed oil
400g butter beans
2.5 litres vegetable stock
2 tbsp ketchup
3 x 400g cans tomatoes
225g dried spaghetti
3 tbsp tahini
1 tbsp black and white
sesame seeds

400g chickpeas
300g pearl barley
2 tbsp chipotle paste
100g risotto rice

MEAT & FISH

12 meatballs (300g)
4 skinless salmon fillets
300g cooked chicken

HERBS

1 large bunch of basil
2 tsp paprika
1/4 bunch of dill

DAIRY

5 tbsp low-fat crème fraîche
3 eggs

FROZEN

200g frozen peas

HEALTHY

Creamy greens pot pie

SERVES 4 **PREP** 10 mins
COOK 45 mins **EASY** **V**

2 tbsp rapeseed oil
2 leeks, halved and finely chopped
300g kale or cabbage or a mixture, shredded
400g can butter beans, drained and rinsed
200g frozen peas
200ml low-fat vegetable stock
3 tbsp low-fat crème fraîche
3 tbsp fresh pesto (check the label to ensure it's vegetarian if needed)

1 lemon, zested and juiced
250g filo pastry sheets
1 tsp nigella seeds (optional)

1 Heat 1 tbsp of the oil in a shallow, round flameproof casserole dish or ovenproof pan (ours was 23 cm) over a medium heat. Add the leeks and cook for 5 mins, stirring, until starting to soften. Add the kale or cabbage and cook for another 5 mins until wilted.

2 Heat the oven to 200C/180C/gas 6. Tip in the butter beans, peas, stock, crème fraîche, pesto and the lemon juice and zest. Stir to

combine, simmer for 3 mins and season well. Scrunch up the filo sheets and put them on top of the pie filling, brush over the remaining oil and sprinkle with nigella seeds, if using. Bake for 25-30 mins until golden brown.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 454 kcal • fat 15g • saturates 3g • carbs 55g • sugars 9g • fibre 14g • protein 18g • salt 1g

BALANCED

Sesame sweet potato & salmon bake

SERVES 4 **PREP** 5 mins
COOK 40 mins **EASY**

1 tbsp rapeseed oil
500g sweet potatoes, cut into wedges
400g cherry tomatoes on the vine
300g long-stem broccoli, larger stems halved
4 skinless salmon fillets
3 tbsp tahini
1 tbsp black sesame seeds

1 Heat the oven to 200C/180C/gas 6. Put the oil and sweet potatoes on a baking tray and toss with seasoning. Roast for 15-20 mins. Add the cherry tomatoes and broccoli, then toss with the sweet potatoes. Roast for 15 mins more until the tomatoes are close to bursting.

2 Nestle the salmon in the tray, brush with 1 tbsp of the tahini and top with the sesame seeds. Bake for a further 8-10 mins until the salmon is cooked through. Loosen the

remaining tahini with a bit of water if needed, then drizzle over the cooked veg and serve.

GOOD TO KNOW folate • fibre • vit c • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 586 kcal • fat 31g • saturates 5g • carbs 31g • sugars 18g • fibre 10g • protein 41g • salt 0.3g



HEALTHY

One-pan spaghetti

SERVES 4 PREP 5 mins

COOK 30 mins EASY

1 tbsp rapeseed oil
 12 meatballs (300g)
 1 onion, finely chopped
 3 garlic cloves, finely chopped

2 tbsp ketchup
 2 x 400g cans chopped tomatoes
 1 large bunch of basil, finely
 chopped, plus a few whole leaves
 225g dried spaghetti

1 Heat the oil in a deep, wide frying pan or casserole dish over a medium-high heat. Tip in the meatballs and cook for 5 mins, turning until browned all over. Add the onion and garlic, and fry for 8 more mins until softened.

2 Add the ketchup, chopped tomatoes, chopped basil and 400ml water to the pan and bring to the boil. Add the spaghetti and cook for 10-12 mins, stirring occasionally. When the pasta is cooked and the sauce has reduced, season and sprinkle with the basil leaves to serve.

GOOD TO KNOW healthy • low cal • vit c • 2 of 5-a-day
PER SERVING 477 kcal • fat 13g • saturates 4g •
 carbs 58g • sugars 14g • fibre 5g • protein 30g •
 salt 0.7g



HEALTHY

Smoky chickpea & pearl barley risotto

SERVES 4 **PREP** 10 mins

COOK 50 mins **EASY** **V**

2 tbsp rapeseed oil
1 large onion, finely chopped
4 garlic cloves, finely chopped
2 tsp paprika
400g can chopped tomatoes
800ml vegetable stock
400g chickpeas, drained and rinsed
300g pearl barley, rinsed
2-3 tbsp chipotle paste (depending on how spicy you like it)
2 tbsp low-fat crème fraîche (or vegan crème fraîche)

1 Heat the oil in a large saucepan over a medium heat, add the onion and fry for 5 mins to soften slightly. Add the garlic and paprika, and fry for a further 30 seconds until fragrant. Tip in the tomatoes, stock, chickpeas, pearl barley and chipotle paste.

2 Bring to the boil, cover with a lid and simmer for 35-40 mins until the pearl barley is tender but retains a little bite. Serve with a swirl of crème fraîche and a grinding of black pepper.

GOOD TO KNOW healthy • low fat • low cal • fibre • iron • 2 of 5-a-day

PER SERVING 490 kcal • fat 11g • saturates 2g • carbs 81g • sugars 10g • fibre 7g • protein 14g • salt 0.6g



HEALTHY

Lemon chicken soup

SERVES 4 **PREP** 10 mins plus cooling **COOK** 30 mins **EASY**

1 tbsp rapeseed oil
2 large leeks, halved, washed and finely sliced
2 celery stalks, finely chopped
1.5 litres low-salt chicken stock

100g risotto rice
300g leftover roast chicken, shredded and skin removed
2 eggs, whisked
2 lemons, juiced
¼ pack dill, to serve (optional)

1 Heat the oil in a large saucepan over a medium heat. Add the leeks and celery, and fry for 8-10 mins until softened. Stir in the chicken stock and bring to the boil, add the rice and chicken, turn down the

heat to medium and simmer for 15-20 mins until the rice is cooked through, stirring occasionally.

2 Take off the heat and leave to cool slightly for 10-15 mins (so the eggs don't scramble), and rapidly whisk in the eggs and lemon juice until the mixture looks creamy. Serve in bowls and top with dill, if you like.

GOOD TO KNOW healthy • low cal • vit c • 1 of 5-a-day
PER SERVING 364 kcals • fat 17g • saturates 4g •
carbs 25g • sugars 3g • fibre 3g • protein 27g •
salt 0.6g

two twists

cottage pie

From vegan to venison, two members of our food team bring you very different versions of this warming family favourite

recipes BARNEY DESMAZERY AND LIBERTY MENDEZ *photograph* MIKE ENGLISH

In her version, Liberty uses sweet potato mash to contrast with the rich earthy flavour of the lentil filling

liberty

I've added a few secret ingredients to this recipe – soy sauce brings a salty hit of umami to the filling, the mustard powder in the sweet potato mash takes the sweetness of the potatoes down a notch and adds a little kick, and the pumpkin seeds sprinkled on top add crunch and texture. I try not to eat as much meat during the week, so this vegan lentil pie is perfect for a midweek dinner on a chilly day.

Liberty Mendez,
recipe developer



Barney has kept things more traditional, but swapped the beef for venison for a deeper flavour. You can use game in any beef mince recipe, from burgers to chillies

barney

This pie is a great way of getting your family to eat venison without having to make anything complicated or fancy, and it's up to you if you want to disclose your meat choice before they try it. I didn't, and my cottage pie-loving son proclaimed it to be the best I'd ever made, and asked for it in his lunchbox the following day. Apart from the venison, I've kept things classic – just meat simmered in a rich gravy and topped with a buttery mash then baked until golden. I've opted out of a melty cheese topping as I wanted the flavour of the venison to shine, but if that's how you like your cottage pie, then by all means sprinkle with a couple of handfuls of grated mature cheddar before baking.

Barney Desmazery,
skills & shows editor



Venison cottage pie

The non-alcoholic red wine is optional, but it does add a richness to the sauce and works well with the venison. You could add non-alcoholic stout instead – if you do, add a pinch of sugar as cooked stout can be slightly bitter.

SERVES 4-6 **PREP** 20 mins plus resting **COOK** 1 hr 50 mins **EASY** ✨

1-2 tbsp vegetable oil
500-600g venison mince
1 large carrot, finely chopped
1 onion, chopped
1 tbsp plain flour
2 bay leaves
2 tbsp ketchup
100ml non-alcoholic red wine or stout, or use extra stock
600ml beef stock
For the mash topping
1.2kg potatoes (King Edward or Désirée work well), peeled and roughly chopped
150ml whole milk
75g butter

nutmeg, for grating

1 Heat the oil in a casserole dish or large saucepan over a medium heat. Tip in the venison and stir to coat in the hot oil. Cook for 15-20 mins or until the mince is browned and toasted, adding more oil if it starts to look dry. Stir in the carrot and onion and cook for 10 mins more until they start to brown. Sprinkle over the flour and cook for a further 2 mins. Stir in the bay and ketchup, then pour in the non-alcoholic wine, if using, and bubble for a minute, then gradually stir in the stock. Leave everything to simmer gently over a medium heat for 30-40 mins until you have a tender venison in a rich gravy.

2 Tip into a medium baking dish and leave to cool. *The filling can be made up to two days ahead and kept chilled.*

3 To make the topping, tip the potatoes into a large saucepan

and cover with salted cold water, bring to the boil and simmer for about 8 mins until tender.

4 Drain well, then leave to steam-dry for a few minutes. Mash well with the milk and two-thirds of the butter, then grate in a pinch of nutmeg, and season. Using a spatula, top the pie filling with the mash, starting from the outside, then spread it over the middle. Using a fork, scrape lines across the top. *Can be chilled for two days or frozen for up to six months.*

5 When you're ready to cook, heat the oven to 190C/170C fan/gas 5. Put the pie on a large baking tray to catch any drips. Melt the remaining butter, and drizzle or brush it all over the top of the pie, then bake for 35-40 mins until golden and bubbling. Leave to rest for 10 mins, then serve straight from the dish.

GOOD TO KNOW iron

PER SERVING (6) 447 kcals • fat 17g • saturates 8g • carbs 38g • sugars 7g • fibre 5g • protein 29g • salt 0.6g

Lentil & sweet potato cottage pie

SERVES 6 **PREP** 15 mins
COOK 1 hr **EASY** V ✨

2 onions, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
2 tbsp olive oil
4 garlic cloves, crushed
200ml non-alcoholic red wine (check the label to ensure it's vegan if needed)
½ bunch of thyme, leaves picked
2 tbsp tomato purée
2 tbsp soy sauce
2 tsp caster sugar
2 tsp red wine vinegar
2 x 400g cans cooked green lentils, drained
400g can chopped tomatoes
For the mash topping
1kg sweet potatoes, peeled and roughly chopped into 3cm pieces

30g vegan margarine
2 tsp mustard powder
2 tbsp plant-based milk (we used oat milk)
2 tsp pumpkin seeds

1 Tip the onions, carrots, celery and olive oil into a large saucepan. Cook over a medium heat for 8-10 mins until softened, add the garlic and fry for another minute. Pour in the non-alcoholic wine to deglaze the pan (scraping up any bits stuck on the bottom), and simmer for 2 mins until most of the wine has evaporated.

2 Add the thyme, tomato purée, soy sauce, caster sugar and vinegar to the pan and stir to combine. Tip in the lentils, tomatoes and 100ml water, and simmer for 10-12 mins until reduced and thick enough to coat the back of a spoon.

3 Meanwhile, make the mash topping. Bring a large pan of water

to the boil, add the sweet potatoes and simmer for 10-15 mins until cooked all the way through. Drain, then add the dairy-free margarine, mustard powder and milk, and mash until smooth along with plenty of salt and pepper.

4 Heat the oven to 200C/180C fan/gas 6. Season the filling and pour it into a 25 x 20 x 7cm casserole dish. Top with the mash, starting with spoonfuls on the outside corners and working your way inwards so the filling doesn't spill out. Sprinkle the pumpkin seeds on top and bake for 30-35 mins until golden and bubbling. *Once baked and left to cool, the pie will keep frozen for up to three months. Defrost thoroughly overnight, then reheat in the oven until piping hot.*

GOOD TO KNOW vegan • low fat • low cal • fibre • vit c
4 of 5 a-day

PER SERVING 374 kcals • fat 10g • saturates 4g • carbs 49g • sugars 26g • fibre 14g • protein 9g • salt 1g

everyday

meal for one

From the Sichuan province in China, dan dan noodles are a street-food classic – try our spin on it for a quick and satisfying vegan dinner packed with tender aubergine and rich, nutty sesame

recipe CASSIE BEST

photograph TOM REGISTER

Aubergine & sesame dan-dan-style noodles

SERVES 1 **PREP** 15 mins

COOK 15 mins **EASY** **V**

2 tsp sesame oil
1 small aubergine, cut into 1cm cubes
80g (1 nest) dried wheat noodles
½ tsp Chinese five-spice powder
1 small garlic clove, crushed
pinch of ground Sichuan peppercorns
1 tbsp tahini or Chinese sesame paste
1 tbsp hoisin sauce
1 tbsp light soy sauce
2 tsp black rice vinegar
1-2 tsp crispy chilli oil, to taste
2 spring onions, thinly sliced
2 tsp toasted sesame seeds (we used a mixture of black and white)

1 Heat the sesame oil in a wok over a high heat and fry the aubergine for 5 mins until softened and starting to brown in places. Meanwhile, put the kettle on to boil. Cook the noodles in a pan of boiling water for a minute less than the pack instructions, then drain and rinse under cold running water to stop the cooking process.

2 Add the five-spice powder, garlic and Sichuan pepper to the pan with the aubergine and stir-fry for 1 min.

3 Mix the tahini, hoisin, soy, vinegar and chilli oil together in a bowl. Stir in 50ml hot water from the kettle, then pour the mixture over the aubergine and cook for another

1-2 mins until coated in the glossy sauce. Add the noodles and toss to coat, adding a splash more hot water if the sauce is too thick. Sprinkle with the spring onions and sesame seeds just before serving.

GOOD TO KNOW vegan • fibre • iron • 1 of 5-a-day
PER SERVING 606 kcs • fat 24g • saturates 4g •
carbs 71g • sugars 18g • fibre 17g • protein 19g •
salt 4g

Veg box stars PARSNIPS

Often relegated to side-dish status, parsnips deserve a starring role. They have a sweet, caramel-like flavour when roasted, making them an ideal base for creamy purées or soups

recipe ESTHER CLARK photograph LOUISE HAGGER

Honey-roast parsnip soup

SERVES 4 PREP 10 mins

COOK 1 hr 30 mins EASY V

800g parsnips, trimmed and halved, or quartered if large
2 tbsp olive oil
2 tbsp honey
small handful of thyme sprigs, plus extra leaves to serve
60g hazelnuts, roughly chopped
20g grated parmesan or vegetarian alternative
25g unsalted butter
1 onion, sliced
2 celery sticks, chopped
1.5 litres vegetable or chicken stock
1 tsp cider vinegar
100ml double cream

1 Heat the oven to 200C/180C fan/gas 6. Tip the parsnips onto a baking tray and toss with half the oil, the honey and thyme sprigs. Season to taste and roast for 45 mins, turning halfway through until the parsnips are golden brown and caramelised. Remove from the oven and discard the thyme. Tip the hazelnuts onto a small baking tray and roast for 5 mins, then sprinkle with the cheese and roast for 5 mins more. Remove from the oven. Set aside.

2 Heat the remaining oil and the butter in a flameproof casserole over a medium heat until foaming. Fry the onions and celery with a pinch of salt for 15 mins until the veg is softened and beginning to turn golden and sticky. Add the roasted parsnips

and the stock to the pan, then bring to a simmer and cover. Continue to simmer for 15 mins, then blitz with a hand blender until smooth. Season, then stir in the vinegar and cream. Ladle the soup into bowls and top with the cheesy roast hazelnuts and the extra thyme leaves.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 575 kcs • fat 38g • saturates 14g •
carbs 40g • sugars 26g • fibre 16g • protein 10g •
salt 1.1g

HOW TO STORE

Trim the tops off the parsnips and keep in the lower part of the fridge for up to two weeks. Cooked parsnips can be kept in a sealed food bag in the fridge for up to three days or frozen for up to three months.

NEW WAYS WITH PARSNIPS

If you have a glut of parsnips, try these inventive ideas



RÖSTI

Instead of potatoes, use the same amount of grated parsnips (find a

rösti recipe on [bbcgoodfoodme.com](https://www.bbcgoodfood.com/recipes/rösti)). Serve with smoked trout or salmon and horseradish crème



MASH

Swap out half the potatoes in your usual mash for parsnips – lightly

crush them before folding with the potatoes. It's an ideal mash topping for a rich and meaty cottage pie.



GRATIN

Layer thinly sliced parsnips in a baking dish with cheesy sauce and leeks.

Top with breadcrumbs and more cheese, then bake for a special veggie side.

**TWIST
IT****HONEY-
ROAST
ROOTS SOUP**

This soup recipe can be used for other root veg. Simply use the same weight of **peeled and chunked carrots or celeriac** instead of the parsnips or a mixture of all three.



reduce waste

love your leftovers

How to make more of the bits you might have left from this month's recipes

TRY THESE DISHES

Chilli chicken naans

Shred any leftover **green chilli chicken** (p23) off the bone and reheat in the curry sauce. Spoon over warmed **naans** and scatter with **sliced red onion** and extra **coriander**. Wrap and enjoy.

Quick beef & bean quesadillas

Warm a **flour tortilla** and spoon over any leftover **beef chilli stew** (p28), scatter over **grated cheddar** and top with another tortilla. Cook on both sides in a dry frying pan until the filling is hot and the cheese has melted. Cut into quarters.

Curried fishcakes

Flake any leftover **salmon** (p34) into some **mashed potato**, then add **garam masala** to season and some **beaten egg**, then mix. Shape into cakes, then dip into more beaten egg all over before coating in **breadcrumbs**. Fry in **sunflower oil** until golden and serve.

Lazy lamb tagine

Make more of leftover **lamb stew** (p63) by adding **dried apricots**, **canned chickpeas** and **harissa paste**. Warm in a saucepan until piping hot, then serve with couscous and scatter over **pomegranate seeds** and **coriander**, if you like.



Pineapple image ISTOCK/GETTY IMAGES PLUS

USE IT UP

◆ canned pineapple

If you make an upside-down cake, you might be left with a few rings of pineapple. Add them to smoothies, eat as they are or with ice cream. Or, try these pineapple melts.

Ham & pineapple melts

Halve and toast a **muffin**, then **butter** and top with a **thick slice of ham**, a **pineapple ring** and slices of a good melty **cheese** like cheddar or red leicester.

Place in a hot oven or under the grill for 4-5 mins until bubbling and golden. Drizzle over some **Worcestershire sauce**, if you like.





MIDWEEK MAGIC

Transform basic ingredients
into something special

MAKE MORE OF

◆ filo pastry

If you've made the squash pie or greens pot pie, you might have a few sheets of filo left. It can easily be frozen and used as a quick pie topper, or used to make these spring rolls.

Easy spring rolls

These are a great way of using up leftover filo pastry. Lay out a strip of **filo** and spoon over **cold stir-fried vegetables, noodles, prawns or chicken**. Brush the edges with beaten **egg** and wrap up tightly. Place the

rolls, cut-side down, on a baking tray, brush with more egg and scatter with **sesame seeds**, if you like. Bake at 200C/180C fan/gas 8 for 20-25 mins until golden.

Mix some **ketchup** and **soy** together to make a dipping sauce for the rolls.

HOW TO USE

◆ egg whites

Egg whites freeze well, and defrosted egg whites whisk up better than fresh. You could also make meringues in the microwave, perfect for crushing over other desserts or making into an Eton mess with whipped cream.

Cheat's microwaved meringues

Mix **1 egg white** with **300g sifted icing sugar** until you have a thick icing. Roll into six balls and place three on a piece of baking parchment.

Microwave on high for 1 min 30 seconds and watch as they puff up into crisp meringues. Repeat with the two remaining balls. *Will keep for up to two days in an airtight container.*



WHEN TO USE

◆ half-fat crème fraîche

Got some leftover half-fat crème fraîche? Here are some ingredients that you can substitute it for, then it won't go to waste.

• Soured cream or yogurt

You can use crème fraîche in place of soured cream or yogurt in savoury recipes, where it's used as a serving suggestion. It might not work as well in baking recipes, though, as the acidity in soured cream activates bicarb to help your cakes rise.

• **Milk** If you're making a white sauce, custard, or quiche or tart filling that calls for milk, swap some for the same quantity of crème fraîche. You'll have an even more luxurious finished dish.

• Full-fat crème fraîche

The only time you can't use half-fat crème fraîche instead of full-fat is when it needs to be whisked, but for everything else, it's as simple as swapping one for the other.

GOOD FOOD & SUSTAINABILITY

At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

frozen assets

classic
casserole

Let the oven do the work with this flavourful meal. The amounts are easily doubled, so you can freeze half to enjoy another day

recipe BARNEY DESMAZERY

photograph MIKE ENGLISH

LAMB
HOTPOT

Turn this recipe into a hotpot. Make the stew up to step 2, then after it's been cooking for 1 hr, tip into a shallower dish and cover with **800g finely sliced potatoes**. Brush with **melted butter** and cook, uncovered, for 1 hr 30 mins.

Easy lamb stew

For a classic winter warmer, you can't beat the combination of meat, stock and sweet stewed vegetables.

For ease, we've used ready-diced lamb, but you can buy a whole shoulder and cut it yourself if you prefer. Neck fillet is a good cut for slow-cooking, too.

SERVES 4 PREP 30 mins

COOK 3 hrs EASY ✨

2 tbsp vegetable oil
800g diced lamb shoulder
1 large onion, roughly chopped
4 large carrots, cut into large chunks
1 tbsp plain flour
1 tbsp tomato purée
750ml lamb stock
2 bay leaves
rosemary sprig or a pinch of dried rosemary
mash and greens, to serve

1 Heat the oven to 160C/140C fan/gas 3. Meanwhile, heat the oil in a large flameproof casserole dish. Add the meat in batches and brown over a high heat for 5 mins, then lift onto a plate. Tip in the onions and carrots, and cook for 8-10 mins until starting to colour. Scatter over the flour and stir for a few minutes, then stir in the tomato purée and cook for a few minutes more. Tip the meat and any resting juices back into the dish and stir well. Pour over the stock, tuck in the herbs and season well. Bring to a simmer, then remove from the heat.

2 Cover with a lid and put in the oven for about 2 hrs 30 mins until the meat is tender. *Once cooled, the stew can be chilled and frozen for up to three months – defrost completely before reheating on the hob for 5 mins over a medium heat, until piping hot.* Leave to settle for a minute or two, then serve with mash and greens.

GOOD TO KNOW 2 of 5-a-day

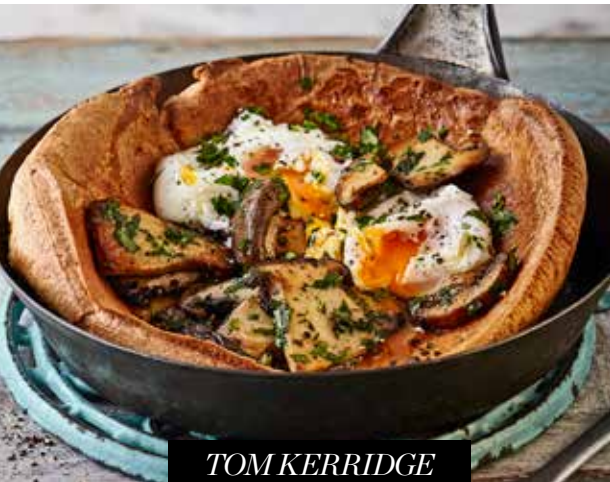
PER SERVING 631 kJ • fat 41g • saturates 16g •
carbs 15g • sugars 9g • fibre 5g • protein 48g •
salt 0.4g

LAMB &
BARLEY STEW

Simply stir in **80g pearl barley** when the stew has about 1 hr 30 mins left in the oven. Cover and carry on cooking as stated in the method above.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

Just for two, p36



NEXT LEVEL

Chocolate roulade, p54



1 INGREDIENT - 3 WAYS

Polenta, p56



**NEW
COMFORT
CLASSICS, p43**

gf

TOM KERRIDGE

JUST FOR TWO

Every day can be Valentine's Day with BBC chef
Tom Kerridge's favourite recipes to share

photographs NASSIMA ROTHACKER

Cooking for two on Valentine's Day gives you a chance to make a bit more of an effort, and seek out some special ingredients without breaking the bank. There's a rhythm and calmness I love about cooking for two – you can spend more time on each job and show it more care and attention; it's also the best time to recreate something you've eaten before, or try an idea you've had, because there's less pressure and cost involved. Here are my favourite recipes for the occasion (though they're just as delicious any time of year) – they're mostly standalone main courses, but I've also given you a make-ahead dessert recipe. Enjoy!
Tom x



The big brunch mushroom
Yorkshire pudding



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, Kerridge's Bar & Grill at The Corinthia Hotel, London, and The Bull & Bear in Manchester.
@ChefTomKerridge



Beef fillet,
Marmite mash &
roasted cabbage

The big brunch mushroom Yorkshire pudding

There's definitely a brunch vibe about this Yorkshire pud, but it would also make a handsome vegetarian main course. Use whatever mushrooms you can get – wild (when in season) are lovely, but so are large sliced flat-cap mushrooms. When I'm really out to impress, I make a version of this using poached duck eggs, and serve everything with hollandaise sauce.

SERVES 2 **PREP 15 mins**

COOK 30 mins **EASY** **V**

25g butter
1 shallot, finely chopped
1 garlic clove, finely chopped
250g mushrooms, sliced (use whatever kind you can get)
1 tbsp non-alcoholic dry sherry or white wine (optional)
small handful of parsley, chopped, plus extra to serve

For the Yorkshire pudding

2 eggs
100g plain flour
150ml milk
¼ tsp powdered porcini (optional)
1 tbsp sunflower oil
For the poached eggs
splash of white wine vinegar
2 eggs

1 To make the Yorkshire pudding, whisk the eggs with the flour until smooth, then gradually whisk in the milk. Season, then add the porcini powder, if using. *The batter can be made up to a day ahead and chilled.*

2 Heat the oven to 220C/200C fan/gas 8, and heat the oil in a 20cm ovenproof frying pan or skillet until very hot. Pour in the batter, transfer to the oven and cook for 20 mins until puffed up and golden. Reduce the oven to 180C/160C fan/gas 4, and cook for 5 mins more.

3 In the final 10 mins of the pudding's cooking time, heat the

butter in a second frying pan until foaming, then stir-fry the shallots, garlic and mushrooms for 3-4 mins until the mushrooms are golden. Splash in the non-alcoholic sherry or wine, if using, and simmer for a minute. Remove from the heat, stir in the parsley and season. Set aside.
4 About 5 mins before the Yorkshire pudding is ready, make the poached eggs. Bring a small pan of water to the boil with the vinegar. Reduce the heat to a simmer, crack in the eggs and cook for 2-3 mins until just poached. Remove to a plate lined with kitchen paper using a slotted spoon, and drain. Spoon the mushrooms into the Yorkshire pudding, then carefully top with the poached eggs, season, sprinkle with the extra parsley and serve straight from the pan.

GOOD TO KNOW folate • 1 of 5-a-day
PER SERVING 547 kcal • fat 30g • saturates 12g • carbs 43g • sugars 5g • fibre 4g • protein 25g • salt 0.7g

Beef fillet, Marmite mash & roasted cabbage

Here's a simplified version of a dish we serve at The Hand & Flowers. Cook it on Valentine's Day and tell your guest you're treating them to a two-Michelin-starred steak supper. This might make a bit more Marmite butter than you need, but spread what's left on toast, then cut into soldiers for dipping into runny eggs.

SERVES 2 **PREP 30 mins**

COOK 45-55 mins **EASY**

400g beef fillet, cut from the middle of the whole fillet
25g butter
½ pointed or hispi cabbage, cut in half through the middle
600g King Edward or Maris Piper potatoes
100ml whole milk or double cream, or use 50ml each
For the Marmite butter
100g unsalted butter, softened
2 tsp yeast extract

1 First, make the Marmite butter. Beat the butter with the yeast extract until completely combined, then mix in a large pinch of sea salt. Chill until needed. *Can be made up to a day ahead.*

2 Heat the oven to 220C/200C fan/gas 7. Season the beef fillet well. Heat the butter in an ovenproof frying pan until sizzling, and brown well all over – this should take about 10 mins. When it's well browned and has a crust, move the beef to one side of the pan and lay the cabbage, cut-side down, in the other side. Press down on the cabbage to sear it, then baste with some of the butter in the pan. Put the pan in the oven and roast, turning the beef fillet every 5 mins or so. The beef will be cooked rare in 15 mins, 20 mins for medium-rare, or 25 mins for medium. When the beef is cooked to your liking, remove from the pan to a board, and leave to rest for 10 mins. Return the cabbage to the oven while the beef rests and you make the mash.

3 Meanwhile, make the mash. Tip the potatoes into a pan of cold salted water, bring to the boil, then reduce the heat and simmer for 10-12 mins until cooked through. Drain. Tip the milk or cream into the saucepan and heat, add the potatoes and mash with a potato masher, then beat in half the Marmite butter.

4 Carve the beef fillet into thick slices, drizzle over the resting juices and serve with the mash, charred cabbage and the remaining Marmite butter on the side.

GOOD TO KNOW folate • fibre • vit c • iron •
1 of 5-a-day
PER SERVING 1143 kcal • fat 80g • saturates 48g • carbs 49g • sugars 6g • fibre 7g • protein 53g • salt 1.3g



One-pan roast salmon with leeks, onions & parsley dressing

One-pan roast salmon with leeks, onions & parsley dressing

One-pan wonders are the way forward in my opinion. All it takes is a staggered approach to cooking, starting with ingredients that need to cook for the longest time.

SERVES 2 **PREP** 20 mins

COOK 40 mins **EASY**

2 small white onions, cut into quarters
2 red onions, cut into quarters or large wedges
2 tbsp olive oil
1 leek, cut into rounds
4 spring onions, trimmed
2 salmon fillets (about 150-200g each)
For the dressing
1 anchovy
1 tbsp capers, drained

2 handfuls of parsley leaves
1 shallot, finely chopped
1 tbsp Dijon mustard
1 tbsp red wine vinegar
2-3 tbsp olive oil

1 Heat the oven to 200C/180C fan/gas 6. To make the dressing, mash the anchovy on a board, and chop the capers into the mashed anchovy. Scatter the parsley over and chop everything together until it's all finely chopped and combined. Tip into a bowl with the shallots, mustard, vinegar and oil, stir well and set aside.

2 Tip all the onions into a small roasting tin, drizzle with some of the oil, season, and toss. Roast for 10 mins, then toss the leeks through the onions. Roast for 15 mins more until the veg is golden and soft.

3 Lay the spring onions in the tin and the salmon fillets on top,

skin-side down. Season and drizzle with the rest of the oil. Roast for another 10 mins. When the salmon is cooked through, remove from the oven and spoon half the dressing over everything. Bring the tin to the table and serve the remaining dressing on the side.

GOOD TO KNOW fibre • vit c • omega-3 • 2 of 5-a-day
• gluten free
PER SERVING 712 kJ • fat 48g • saturates 8g •
carbs 19g • sugars 15g • fibre 7g • protein 47g •
salt 1.6g

Chocolate Paris-Brest

A classic Paris-Brest is a choux pastry ring filled with a praline-flavoured cream, but I love this cheat's chocolate version. Learn to make and bake the choux ring properly, and you've got an impressive dessert for all seasons – try it with whipped cream and berries in the summer.

SERVES 2 **PREP** 30 mins plus cooling

COOK 40 mins **MORE EFFORT** **V**

For the choux pastry

35g butter, cut into cubes
1 tbsp caster sugar
50g plain flour
1 large egg, beaten
25g flaked almonds
icing sugar, to serve

For the chocolate filling

100ml shop-bought fresh custard
50g dark chocolate, chopped into small chunks

For the chantilly cream

100ml double cream
25g golden caster sugar
few drops of vanilla extract

1 To make the choux, tip the butter into a small saucepan with 100ml water, the caster sugar and a pinch of salt. Bring to the boil, then, still over the heat, add the flour, beating vigorously until the mixture clumps and comes together into a ball that pulls away from the sides of the pan. Remove from the heat and leave to cool in the pan until just warm.

Gradually beat in all but about 1 tsp of the egg using an electric whisk. Tip the pastry into a piping bag.

2 Heat the oven 200C/180C fan/gas 6. Trace a 10cm circle on a piece of baking parchment using a small bowl or lid, then flip it over onto a baking tray. Pipe a thick ring of the pastry around the outside of the circle. Brush the pastry with the remaining egg, then scatter over the almonds. Bake for 15 mins, then reduce the oven to 160C/140C fan/gas 3 and bake for 20 mins more. Reduce the oven again to 110C/90C fan/gas 1/4 and bake for a final 10 mins. Turn off the oven and leave the ring to cool inside for 30 mins without opening the oven door.

3 Meanwhile, make the filling.

Gently warm the custard in a small pan over a low heat, then stir in the dark chocolate, continuing to stir until the chocolate has fully melted and the mixture is thick. Scrape into a bowl and leave to cool. Whisk the chantilly cream ingredients together in a separate bowl until very thick and chill until needed.

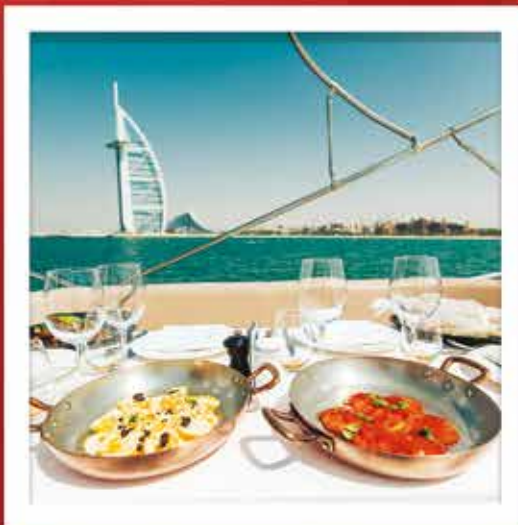
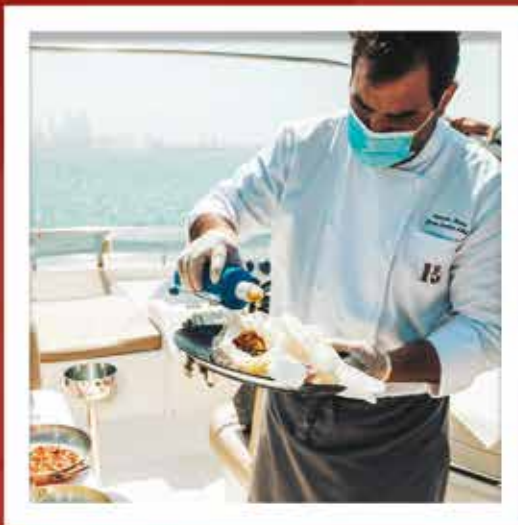
4 Carefully halve the choux ring through the middle using a serrated knife, and gently lift off the top. Spoon the chocolate filling into a piping bag and pipe large blobs over the bottom ring, leaving a gap between each. Put the chantilly mixture in a second piping bag and pipe blobs in the gaps between the chocolate filling. Carefully sandwich with the top of the ring, then dust lightly with the icing sugar and serve.

PER SERVING 878 kJ • fat 63g • saturates 34g •
carbs 60g • sugars 36g • fibre 4g • protein 14g •
salt 0.5g





ROBERTO'S AT SEA



Spend San Valentino with Roberto's at Sea and enjoy an unparalleled catering experience whilst sailing Dubai's Coast on a luxurious yacht with your private Chef, Captain and Crew.

February is for curling up with something hearty and warming to eat. Our winter ideas will satisfy your cravings, from our sausage-and-bean dish, to a rich coq au vin pie and a chocolate sponge pudding with homemade custard. It's time to welcome in the colder evenings

recipes GOOD FOOD TEAM *photographs* MYLES NEW

new comfort classics

Double sausage & bean casserole with cheese-on-toast crumbs

If you're simply in a rut when it comes to cooking family meals, even the fussiest of eaters will enjoy this. It combines several favourites that are all simmered together with added smokiness from chorizo, plus it reheats well if your family has a busy schedule and everyone eats at different times.

SERVES 4-6 PREP 20 mins

COOK 1 hr EASY

3 tbsp olive oil
8 pork sausages
2 small cooking chorizo (about 100g), sliced
1 large onion, finely chopped
2 bay leaves
1 tbsp tomato purée
½ tsp light brown muscovado sugar
1 tbsp red wine vinegar
400g can chopped tomatoes
2 x 400g cans cannellini beans or any other white beans, drained but not rinsed
For the cheese-on-toast crumbs
50g crustless white bread, torn into chunks
15g parmesan, finely grated
2 tbsp thyme leaves

1 Heat the oven to 220C/200C fan/gas 7. Heat 1 tbsp olive oil in a shallow flameproof casserole over a medium heat and fry the pork sausages for 10 mins until browned on all sides. Transfer to a plate. Drizzle another 1 tbsp oil into the casserole, scatter in the chorizo and cook for 3-4 mins until beginning to crisp up and release its oil. Add the onions and bay, and cook for 5 mins more until the onions are soft.
2 Stir in the tomato purée and scatter over the sugar. Turn up the heat to medium-high and cook for another 2 mins until sticky and jammy, then splash in the vinegar. Simmer for 1 min more, then tip in the tomatoes and beans. Stir, then bring to a simmer. Nestle the

sausages in the sauce and pour over any of the resting juices. Bake uncovered for 30 mins.

3 Meanwhile, make the crumbs. Tip the bread and parmesan into a food processor and pulse with half the thyme to a chunky texture. Scatter the crumbs over a baking sheet and drizzle with the remaining oil. Bake alongside the casserole for 10 mins, stirring the crumbs once or twice until crisp and golden. Scatter the crumbs over the casserole with the rest of the thyme just before serving, or serve on the side for everyone to help themselves.

GOOD TO KNOW fibre • 2 of 5-a-day

PER SERVING (6) 448 kcal • fat 26g • saturates 8g • carbs 28g • sugars 8g • fibre 8g • protein 21g • salt 1.8g

TWIST IT

● CHEESY CHICKEN & BEAN CASSEROLE

Swap skin-on, bone-in chicken thighs for the pork sausages. (Eight thighs serve four.) In step one, brown the chicken for 10 mins, then remove from the pan and add the chorizo. Bake in the oven for 30-35 mins in step two to ensure the chicken is cooked through. (Check by piercing the thickest part of the meat – the juices should run clear.)

● THE UPPER CRUST

We've made our topping crouton-like to add lots of crunch. But, you could blitz the crumb mixture to a finer texture and scatter it over the casserole 10 mins before the end of the cooking time – this way, the crumb will form more of a crust topping.



Coq au vin pie & creamy chive mash

With chicken, bacon and mushrooms in a velvety, rich red sauce, coq au vin is the ultimate winter warmer. Wrapping this French classic in pastry is not traditional, of course, but it adds texture and, paired with creamy mash, it's like a hug on a plate.

SERVES 6 **PREP** 15 mins plus
at least 1 hr 30 mins chilling
COOK 1 hr 50 mins **MORE EFFORT**
* pie only, unbaked 🍷 🍴

1 tbsp olive oil
2 tbsp butter
8 boneless, skinless chicken thighs,
chopped into chunky pieces
50g bacon lardons
1 onion, chopped
2 medium carrots, thickly sliced
150g button mushrooms
2 tbsp plain flour
3 thyme sprigs, tied together with
kitchen string
1 bay leaf
150ml red wine
500ml hot chicken stock
2 tsp cornflour
For the pastry
400g plain flour, plus extra
for dusting
1 tsp fine salt
180g cold butter, cut into cubes
2 eggs, beaten
For the mash
1kg Maris Piper potatoes, cut into
large even-sized chunks
30g butter
50ml whole milk, warmed
½ bunch of chives, finely chopped

1 Heat the oil and butter in a flameproof casserole over a medium heat and fry the chicken and bacon lardons for 10-15 mins, or until evenly browned. Add the onion,

carrots and mushrooms, and fry for 5 mins more. Stir in the plain flour and cook for 2 mins, then add the thyme and bay. Slowly stir in the wine and bring to a simmer, then add the stock, a little at a time, stirring between each addition. Season and cover with a tight-fitting lid. Reduce the heat to low. Cook for 30 mins, then remove the lid and cook for 15 mins more. Spoon a little of the sauce into a small bowl and mix with the cornflour, then stir this back into the coq au vin. Remove the thyme and bay. Leave to cool for 1 hr. **2** To make the pastry, tip the flour, salt and butter into a food processor and pulse to fine crumbs. Add half the beaten egg and 2 tbsp ice-cold water and pulse again until the dough just comes together. Add an extra 1 tbsp water if the pastry feels dry. Tip onto a lightly floured work surface and knead briefly until you have a uniform dough, then wrap and chill for at least 1 hr.

3 Heat the oven to 200C/180C fan/gas 6. Cut off a quarter of the pastry and roll it into a long strip on a lightly floured surface. Attach the strip of dough around the lip of a 26cm pie dish using a little of the remaining beaten egg, and use any offcuts to make decorations, if you like (we cut out a crescent and scored it to make a chicken decoration). Roll the remaining pastry out into a 30cm circle, about

5mm thick. Spoon the filling into the dish and use the rolling pin to lift the pastry circle over the dish. Crimp the edges in a decorative pattern to seal or do this with a fork. *At this stage, the pie can be wrapped and frozen for up to three months. Defrost in the fridge overnight, then continue as below.* Brush with most of the remaining beaten egg and attach any decorations. Chill for 30 mins, then brush with the rest of the egg. Bake in the centre of the oven for 35-40 mins until the pastry is golden and the filling is piping hot. Leave to rest for 10 mins.

4 Meanwhile, make the mash. Put the potatoes in a large saucepan with a large pinch of salt, cover with cold water and bring to the boil, then reduce to a simmer and cover. Cook for 15-20 mins until the tip of a knife can be easily inserted. Drain and leave to steam-dry for 5 mins, then pass through a potato ricer or sieve, or mash with a potato masher. Fold in the butter, warm milk and chives. Season. Serve the pie with the mash.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 925 kcs • fat 45g • saturates 24g •
carbs 88g • sugars 5g • fibre 7g • protein 33g •
salt 2.4g

TWIST IT

● FLAVOUR THE PASTRY

Add a herby twist to the pastry by incorporating 1 tbsp thyme leaves with the dry ingredients before adding the wet, or try adding 30g finely grated parmesan for a cheesy version.

● USING UP LEFTOVERS

You can use leftover roast chicken in this pie in place of the chicken thighs. Simply shred the meat into chunky pieces and incorporate into the sauce in step one.



Kimchi double-cheese toasties

Korean fermented cabbage, or kimchi, is a favourite ingredient of the Good Food team – and it's especially good in a melting cheese toastie. That sour, spicy tang cuts through the rich cheese for a match made in comfort-food heaven. It's also a great introduction to kimchi if you haven't tried it. It's now available in most large supermarkets, or find it online.

SERVES 2 **PREP** 10 mins

COOK 10 mins **EASY** **V**

100g mature cheddar, grated
70g emmental or mozzarella, grated
3 spring onions, trimmed and sliced
2 tbsp mayonnaise
4 slices white sourdough
180g kimchi, drained
1 tsp sesame seeds (optional)

1 Combine the cheddar with the emmental or mozzarella and the spring onions in a small bowl.
2 Spread the mayonnaise over one side of each slice of sourdough. Pile the cheese mixture over the plain sides of the bread, then spoon over the kimchi. Sandwich the slices together so the mayo-coated sides are on the outside, then sprinkle with sesame seeds, if using. Heat a large frying pan or skillet over a medium heat. Arrange the toasties in the hot pan and weigh them down with another heavy pan. Cook for 4–6 mins, then turn over and cook for 5 mins more. Cut in half to serve.

GOOD TO KNOW calcium • folate • 1 of 5-a-day
PER SERVING 788 kcals • fat 42g • saturates 19g •
carbs 63g • sugars 6g • fibre 5g • protein 37g •
salt 4.4g

TWIST IT

● BLUE CHEESE

Swap the grated cheddar for a blue-veined stilton or cambozola for a punchier flavour.

● LEFTOVER KIMCHI

Use any leftover kimchi in a rice- or noodle-based stir-fry made with pak choi, then serve with a fried egg on top. It also makes a fantastic dip – just blitz in a food processor with some soured cream and soft cheese until smooth.

gf tips

• Keep an eye on the toasties – don't be tempted to turn the heat up too high, or they will catch and burn. Always weigh them down with something heavy, like a saucepan, to ensure even browning.



Creamy mushroom lasagne

For many, lasagne means pasta and a rich beef ragu beneath creamy white sauce, but the ragu doesn't have to be meat-based. Here, mushrooms give it satisfying texture and flavour. A mixture of dried porcini, blitzed chestnut and oyster and shiitake mushrooms makes the ragu deeply savoury, plus a secret ingredient – tomato ketchup – brings just a note of salty-sweetness.

SERVES 8-10 **PREP** 40 mins

COOK 1 hr 40 mins

MORE EFFORT 

1 tbsp olive oil

400g dried lasagne sheets

200g grated mozzarella or
vegan alternative

For the mushroom ragu

25g dried porcini mushrooms

800g chestnut mushrooms

2 tbsp olive oil

2 onions, finely chopped

2 carrots, finely chopped

400g mixed mushrooms (we used
oyster and shiitake), sliced

4 large garlic cloves, crushed

½ small bunch of thyme,

leaves picked

250ml red wine

250ml passata

2 tbsp ketchup

2 tbsp paprika

For the béchamel

50g butter or vegan alternative

1 bay leaf

50g plain flour

600ml whole milk or oat milk

3 tbsp crème fraîche or
vegan alternative

grating of nutmeg

1 For the ragu, put the dried porcini mushrooms in a heatproof mug and cover with 125ml boiling water from the kettle. Set aside. Finely chop the chestnut mushrooms or blitz in a food processor to fine pieces.

2 Heat the oil in a large saucepan or flameproof casserole over a high

heat and fry the onions, carrots and chopped chestnut mushrooms with a pinch of salt for 15 mins until the water released by the mushrooms has evaporated, stirring now and then. The mushrooms should be a deep brown colour and the other veg should be soft and slightly coloured.

3 Add the mixed mushrooms, garlic and most of the thyme, and cook for another 5 mins until the mushrooms have started to soften. Drain the rehydrated porcini, add the soaking liquid to the pan, then finely chop the porcini and add that too. Stir in the wine, passata, ketchup and paprika to combine. Simmer for 25 mins until the ragu has reduced and is thick enough to coat the back of a spoon. Season generously with sea salt flakes and a grinding of black pepper.

4 Meanwhile, make the béchamel. Melt the butter in a saucepan over a medium heat, then add the bay and cook for a minute. Scatter in the flour and stir until you have a sticky paste. Add the milk in stages, whisking between each addition until you have a thick sauce.

Reduce the heat to low and cook for 3-4 mins, stirring occasionally until the sauce is thick enough to coat a spoon. Remove the bay, then mix in the crème fraîche, a generous grating of nutmeg and seasoning.

5 Heat the oven to 200C/180C fan/gas 6. Rub the olive oil over the base and sides of a large ceramic baking dish (ours was 35 x 20 x 6cm).

Arrange a layer of lasagne sheets in the base (you may need to break them so they fit), then spoon over a layer of the mushroom ragu, drizzle with some of the béchamel, and scatter over a handful of the mozzarella. Repeat until you have used all the ragu and the final layer of lasagne sheets, then smooth over a thick layer of béchamel. Sprinkle over the remaining mozzarella and bake for 40-45 mins until the filling is bubbling and the top is golden. Leave to rest for 10 mins, then sprinkle with the remaining thyme leaves before serving.

GOOD TO KNOW fibre - 2 of 5-a-day

PER SERVING (10) 426 kJ • fat 18g • saturates 9g •
carbs 44g • sugars 9g • fibre 6g • protein 16g •
salt 0.5g

TWIST IT

● MAKE IT VEGAN

This lasagne is already vegetarian, and it can easily be made vegan, by swapping the dairy products in the béchamel sauce for plant-based alternatives, such as oat milk.



Retro chocolate sponge pudding with chocolate custard

Wander down memory lane with this pudding, a childhood favourite for many. Warm, fluffy chocolate sponge is served with lashings of rich, creamy chocolate custard. It's such a simple dessert, but it's one that's sure to raise a smile for anyone you share it with, and that's what comfort food is all about.

SERVES 8-12 PREP 25 mins
COOK 50 mins MORE EFFORT
V * sponge only

225g butter, softened, plus extra for the tin
225g light brown soft sugar
4 medium eggs
175g self-raising flour
1 tsp baking powder
50g cocoa powder
75ml milk

For the custard

200ml double cream
500ml whole milk
1½ tbsp cornflour
85g caster sugar
2 tbsp cocoa powder
2 medium eggs, plus 2 egg yolks (freeze the whites for another recipe)

- 1 Heat the oven to 180C/160C fan/gas 4 and line a 20 x 20cm cake tin with baking parchment. Beat the butter, sugar and a pinch of salt together in a large bowl using an electric whisk for 5 mins until light and fluffy. Add the eggs, one at a time, beating between each addition until incorporated and the mixture is a mousse-like consistency.
- 2 Sieve the flour, baking powder and cocoa over the wet ingredients, then tip in the milk and fold everything together with a spatula until there are no floury streaks remaining.
- 3 Scrape the mixture into the prepared tin and level the surface with the spatula. Bake for 40 mins, then check the sponge is cooked by inserting a skewer into the centre.

If it comes out with any sticky cake mixture attached, return the sponge to the oven for another 5-10 mins and check again. Leave to cool slightly in the tin. *To freeze, leave to cool completely, then wrap well and freeze for up to two months. Defrost at room temperature, then reheat as stated in the tip below.*

4 Meanwhile, make the custard. Heat the cream and milk in a heavy-based saucepan over a medium heat – don't let it boil. Combine the cornflour, sugar and cocoa in a large bowl, then whisk in the eggs and yolks, one at a time, until you have a smooth paste. When the cream mixture is hot and steaming, pour a splash into the cocoa paste to loosen it, then tip this back into the cream mixture. Reduce the heat to medium-low and cook, stirring continuously until the custard is thick enough to coat the back of a spoon – you should be able to draw a line through the custard on the back of the spoon using your fingertip. Remove from the heat and sieve the custard into a jug to remove any lumps. Cover the surface with a circle of baking parchment to prevent a skin forming. Cut the warm sponge into squares and serve with the custard for pouring over.

PER SERVING (12) 485 kcs • fat 31g • saturates 18g • carbs 42g • sugars 28g • fibre 2g • protein 9g • salt 0.4g

TWIST IT

● CHOC ORANGE

Add the zest of 1 large orange to the cake mix in step one.

● MOCHA

Add 1 tbsp espresso powder to the cake mix in step one.

● CHOC 'N' NUT

Scatter 1 tbsp chopped hazelnuts over the cake before baking in step three. Stir 1-2 tbsp chocolate-hazelnut spread into the custard at the end of step four after removing from the heat.

gf tip

MAKE AHEAD

The sponge can be made up to two days ahead. Once baked, leave to cool and store in an airtight container. Cover individual portions with a plate or microwave-safe lid and reheat in the microwave for 20-30 seconds. Or, reheat the entire cake in the oven. Splash a few drops of water over the surface and wrap in foil. Bake at 180C/160C fan/gas 4 for 15 mins until hot and steamy. The custard can also be made up to two days ahead. Chill in the fridge and reheat in a pan over a low heat, stirring until piping hot.



NEXT LEVEL

Chocolate roulade

recipe BARNEY DESMAZERY photograph WILL HEAP

SERVES 8 **PREP** 30 mins **COOK** 25 mins **MORE EFFORT** V

A TOUCH OF CARAMEL

The caramel swirl in the filling works so well with chocolate and cream, but it isn't essential – the chocolate and cream alone would still be delicious.

WHY

Perhaps surprisingly, a classic chocolate roulade isn't actually very chocolatey at all – there's just some cocoa powder in the basic sponge base. We've addressed that here with the filling, opting for luxury over a tight spiral, and what it lacks in neatness, it makes up for in taste and texture. A bit like an undercooked brownie, Eton mess or that last spoonful of trifle, its messy imperfections are what make it perfect.

WHAT TO BUY

For the meringue

vegetable oil, for the tin
5 egg whites
1 tsp lemon juice
225g caster sugar
60g cocoa powder, plus extra for dusting
1 tsp cornflour

For the chocolate filling

100g dark chocolate, plus extra to serve
100ml double cream

For the cream filling

150ml double cream
25g caster sugar

For the caramel swirl

100g caramel sauce (from a can or jar), stirred until smooth
pinch of sea salt flakes

TO CHILL OR NOT TO CHILL?

While the roulade can be chilled, it becomes a different dessert when cold. Served freshly rolled, it's light and creamy, but it becomes more dense in the fridge, like a chocolate fudge cake or brownie.

FOR FLUFFY MERINGUE

Lemon juice and a touch of cornflour in the meringue make it more fluffy and marshmallow-like.

ALL ABOUT THE BASE

We've opted for a chocolate meringue base over sponge to make this more of a dessert than a cake.

THE BEST CHOCOLATE

Use good-quality dark cocoa and chocolate that's no less than 70% cocoa solids for the best flavour.

MAKE IT GLUTEN-FREE

The meringue base means that this dessert can easily be adapted to be gluten-free – just ensure you use gluten-free cocoa powder and cornflour.

DARK CONTRAST

As the meringue and caramel sauce are so sweet, we've not sweetened the dark chocolate filling. Tasted alone, the chocolate sauce would be bitter, but it works together with everything else.

A PINCH OF SALT

With very sweet desserts like this, we like to add a pinch of salt to balance out the sugar. A little salt works especially well with caramel.

HOW TO MAKE IT

1 Heat the oven to 180C/160C fan/gas 4. Oil the base and sides of a 23 x 32cm baking tray and line with baking parchment. Beat the egg whites, lemon juice and a pinch of salt together using a stand mixer or electric whisk until very stiff. Add 1 tbsp of the sugar and beat to stiff peaks, then add the rest of the sugar, a spoonful at a time, until the mixture is thick and shiny. Sift over the cocoa and cornflour, then gently fold these in with a spatula until completely combined. Spread the mixture evenly into the prepared tin, then bake for 14-15 mins until just crisp to the touch. Leave to cool completely in the tin.

2 Meanwhile, make the fillings. For the chocolate filling, tip the chocolate and cream into a heatproof bowl set over a pan of simmering water and stir until the chocolate has melted and the mixture is shiny and smooth. Remove from the heat and leave to cool to room temperature. For the cream filling, whisk the cream and sugar together to stiff peaks using an electric whisk.

3 Dust a large sheet of baking parchment with cocoa powder, then carefully flip the meringue onto it. Remove the tin and carefully peel away the parchment. With a short end facing you, score a line across the meringue, 2cm in from the edge. Spread over the chocolate filling followed by the cream, then drizzle with most of the caramel sauce. Sprinkle over the sea salt flakes and drag a palette or cutlery knife through the fillings to gently swirl them. Roll up the roulade into a tight log, starting at the scored end and using the parchment underneath to help you. Lift onto a platter or board. *Will keep chilled for up to a day.* Drizzle over the remaining caramel sauce, then finely grate over more chocolate to serve.

GOOD TO KNOW gluten free

PER SERVING 462 kJ • fat 28g • saturates 17g • carbs 46g • sugars 44g • fibre 2g • protein 5g • salt 0.5g

1 INGREDIENT - 3 WAYS

POLENTA

Wondering what to do with that bag of polenta at the back of the cupboard? **Rukmini Iyer** shares three new ideas to transform it into a moreish nibble, a quick dinner or an irresistible sweet treat

photographs JONATHAN GREGSON

Polenta is one of my favourite storecupboard ingredients – it's endlessly versatile, and just the thing when you want a quick meal. I often get asked about which kind is the best to buy, as some supermarkets sell it already made up in a solid block. Go for the 'quick cook' polenta instead, which is a fine, bright yellow grain – it takes just five minutes to cook in a pan with hot stock. You'll end up with creamy cooked polenta, which is perfect with parmesan and butter stirred in, and you can then use it as a vehicle for savoury toppings. Try my Sicilian-style roasted cauliflower with pine nuts & raisins for a lovely mix of sweet and savoury.

When baked or fried, crisp polenta is perfect to serve with drinks. You'll also find my recipe for crisp polenta with olives & sundried tomatoes. And if you're in the mood to bake, polenta adds a grown-up edge to cakes and biscuits. I love using it in moreish saffron-scented madeleines.



Writer and food stylist Rukmini Iyer is the author of the bestselling *Roasting Tin* series of cookbooks. She has appeared on *Saturday Kitchen* and Dr Rupy Aujla's *Cooking in the Doctor's Kitchen* on BBC iPlayer. [@missminifer](#)



Crisp parmesan, olive & sundried
tomato polenta bites

Crisp parmesan, olive & sundried tomato polenta bites

A gorgeous and almost complete storecupboard dish – I love to make a batch of this easy polenta base at the weekend, then serve it as a pre-dinner snack on a Sunday night. Leftovers can be baked or fried the next day to have with eggs and spinach.

SERVES 6 **PREP** 10 mins plus
at least 1 hr setting
COOK 30-35 mins **EASY** **V**

600ml vegetable stock
150g quick-cook polenta
90g mixed olives in oil, roughly
chopped
90g sundried tomatoes in oil,
roughly chopped

30ml oil, from the tomatoes or
olives
40g parmesan or vegetarian
alternative, grated

1 Pour the stock into a large saucepan and bring to the boil. Add the polenta, and stir continuously over a medium heat for 3-4 mins until thickened and just coming away from the edges of the pan. Add the olives, tomatoes, oil and most of the parmesan, and stir for a further minute until well combined. Season.
2 Spoon the polenta mixture onto a lined swiss roll tray or baking sheet. Place another sheet of baking parchment on top and roll out to 1cm thick, then remove the top sheet of parchment and scatter with the remaining parmesan. Leave the polenta to cool at room temperature

for 1 hr to set. Alternatively, if you're making it ahead, leave to cool and chill for several hours or overnight.

3 Once the polenta has set, heat the oven to 200C/180C fan/gas 6. Cut or stamp the polenta sheet into shapes of your choice, and arrange on a baking tray lined with parchment. Bake for 25-30 mins until golden brown and crisp, and serve warm. *Will keep for up to a day in the fridge.*

PER SERVING 217 kcal • fat 11g • saturates 3g •
carbs 23g • sugars 5g • fibre 3g • protein 6g • salt 0.6g

gf tip

You can fry the polenta pieces instead of baking them. These will keep well in an airtight container in the fridge for a couple of days, then heat through in the oven or re-fry as needed.

Lemony polenta with roasted cauliflower, pine nuts, raisins & capers

This creamy lemon and ricotta-enriched polenta – topped with the roasted cauliflower, pine nuts, raisins and capers – is easy enough to make for a quick dinner at home, but also fancy enough to serve if you have friends round. The addition of the ricotta gives the polenta a wonderful lightness.

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY** **V**

1 medium cauliflower, cut into
small florets
2 garlic cloves, grated
2 tbsp olive oil
50g pine nuts
2 tsp capers, roughly chopped
For the dressing
10g flat-leaf parsley, finely chopped
1 lemon, juiced (save the zest for the
polenta)

30ml extra virgin olive oil
80g raisins
For the lemony polenta
800ml vegetable stock
150g polenta
200g ricotta
1 lemon, zested
10g flat-leaf parsley, roughly
chopped

1 Heat the oven to 220C/200C fan/gas 7. Tip the cauliflower, garlic and oil into a large roasting tin, mix well, then transfer to the oven to roast for 25 mins, tossing halfway through with some seasoning.

2 Meanwhile, make the dressing by whisking together the parsley, lemon juice, oil and 1 tsp salt in a small bowl, add the raisins and set aside. Add the pine nuts and capers to the cauliflower to toast for the final 5 mins of cooking time.

3 Once the cauliflower is cooked, stir through the dressing. Set aside.

4 For the lemony polenta, bring the stock up to the boil in a large saucepan, add the polenta and stir for 4 mins until thickened. Add the ricotta and lemon zest and a little of the parsley, then taste and adjust the salt as needed.

5 Divide the lemony polenta between four warmed bowls, then top with the dressed cauliflower. Scatter over the remaining parsley, and serve straightaway.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 529 kcal • fat 29g • saturates 6g •
carbs 49g • sugars 21g • fibre 6g • protein 15g •
salt 0.7g

gf tip

If you're cooking for two, you can make up the whole amount, then spread out the polenta that you don't eat immediately in a lined swiss roll tin. When you're ready to eat the next day, follow step 3 or the tip in the crisp polenta recipe above to bake or fry. Serve with the remaining cauliflower.



Saffron & polenta madeleines

These luxurious saffron-scented madeleines are made half-and-half with flour and polenta. They're wonderfully light, and good with a cup of tea in the afternoon.

MAKES 20-22 **PREP** 10 mins

COOK 20 mins **EASY** **V**

30ml hot whole milk
pinch of saffron
100g softened butter, plus extra for the tin
90g caster sugar
2 medium eggs
60g polenta
60g plain flour
1 tsp baking powder

1 Heat the oven to 200C/180C fan/gas 6. Pour the hot milk into a mug, add the saffron and leave to infuse.

2 Whisk the butter and sugar together using an electric hand whisk until light and fluffy, then beat in the eggs one at a time. Stir in the polenta, plain flour and baking powder. Use the back of a teaspoon to squash the saffron against the side of the milk mug – it'll help release colour and flavour. Tip the saffron and infusing milk into the madeleine mix, and gently stir to incorporate.

3 Butter the moulds of a 12-hole madeleine tin well, then add a heaped teaspoon of batter to each mould. Bake for 10 mins until well risen and golden, then remove from the oven. Leave them in the tin for a minute before very gently easing them out of the moulds and onto a wire rack. Clean the madeleine tin, butter the moulds again, and repeat with the remaining mixture. Serve warm. *Leftovers will keep in an airtight container for up to three days. Pop them in a low oven to warm through before serving.*

PER SERVING (22) 78 kcal • fat 5g • saturates 3g • carbs 8g • sugars 4g • fibre none • protein 1g • salt 0.1g



A romantic couple in formal attire stands on a beach. The man, on the left, is in profile, wearing a white shirt, a dark bow tie, and a dark tuxedo jacket. The woman, on the right, is looking towards the camera, wearing a vibrant pink, strapless gown with a ruffled bodice and a full, ruffled skirt. They are holding hands. The background features a clear blue sky, a palm tree, and the ocean.

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TAKE ME THERE

SEASONAL

FRESH START

Welcome February with bright, inspiring recipes from **Esther Clark**

photographs DANIELLE WOOD

The beginning of a new year brings us a fresh batch of seasonal delights. Citrus comes into its own this month, bitter chicory leaves are ready and sweet leeks begin to pop out of the ground. Now's the time to refresh your cooking routine.

Ruby red grapefruit doesn't just make a healthy breakfast – it's also a welcome addition in both sweet and savoury dishes. Try baking grapefruit into a polenta cake or adding the juice to mocktails. Or, try a bright salad with notes of tamarind, sesame and fish sauce. The tart grapefruit pairs so well with creamy avocado, sweet prawns and the salty, umami-rich dressing. Look out for other citrus fruits, including Italian lemons and Seville and blood oranges, all at their peak this time of year.

The humble leek is also ready for harvesting during the cooler months. These green-topped shoots can be whizzed into creamy soups with

celeriac and mustard, or baked into a gratin with cheese sauce to serve alongside a roast dinner. Leeks turn deliciously sweet when fried until soft, making them the ideal addition to our tart which combines caramelised leeks with salty manchego cheese and smoky chorizo.

Chicory, with its striking leaves, sits somewhere between cabbage and lettuce. It can be eaten raw or cooked, and its veined leaves are tightly packed, with a white centre. There's also a yellow variety and its sister veg, the radicchio. Chicory teams well with creamy, salty cheese like goat's, so we've partnered the two in a roasted squash and herby couscous dish for a wonderfully colourful, fresh and satisfying supper.



Esther is a freelance recipe writer and food stylist who trained at Leiths School of Food & Wine, before working as a chef in Italy. She loves to cook for friends at home and enjoys creating recipes using new ingredients and seasonal produce. @esthermclark



Zingy grapefruit, prawn
avocado & tamarind
salad

Zingy grapefruit, prawn avocado & tamarind salad

SERVES 6 **PREP** 15 mins **NO COOK EASY**

3 tbsp sesame oil
1 tsp tamarind
1 small garlic clove, crushed
3cm piece of ginger, peeled and finely grated
3 tsp fish sauce
1-2 limes, juiced
2 ripe avocados, stoned, peeled and thinly sliced
2 red grapefruits, peeled, pith removed, sliced into rounds

8 radishes, thinly sliced
150g cooked king prawns, peeled
2 tbsp sesame seeds
½ small bunch of coriander, leaves picked and torn

1 Combine the sesame oil, tamarind, garlic, ginger, fish sauce and lime juice. Taste and add more fish sauce if needed, then season to taste.

2 Arrange the avocado, grapefruit rounds, radishes and prawns on a serving platter. Drizzle over the dressing and scatter with the sesame seeds and coriander.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free

PER SERVING 212 kcals • fat 17g • saturates 3g • carbs 7g • sugars 1g • fibre 4g • protein 6g • salt 1.1g

Leek, manchego & chorizo tart

SERVES 6 **PREP** 30 mins plus
1 hr 15 mins chilling and cooling **COOK** 55 mins
MORE EFFORT

250g plain flour, plus extra for dusting
140g cold unsalted butter, cut into cubes
2 egg yolks
For the filling
100g chorizo, finely chopped
2 large or 3 medium leeks, sliced into 1cm rings (see tip below)
two pinches of sweet smoked paprika
4 eggs, lightly beaten
70ml double cream
60g manchego, grated
½ small bunch of chives, finely sliced
green salad, to serve

1 Heat the oven to 180C/160C fan/gas 4. Tip the flour, ¼ tsp salt and the butter into a food processor and pulse to fine breadcrumbs. Add the egg yolks and 2 tbsp ice-cold water and pulse again until the mixture clumps, adding up to 2 tbsp more water if needed. Tip onto a lightly floured surface and bring together into a disc with your hands, then wrap tightly and chill for 30 mins.

2 Roll the chilled pastry out on a lightly floured surface into a 30cm round. Use it to line a 22cm fluted tart tin, leaving any excess overhanging the rim, then chill for 30 mins more. Line the pastry case with baking parchment and baking beans and bake for 15 mins. Remove the beans and parchment and bake for 10 mins more. Leave to cool, then trim away any excess pastry using a serrated knife.

3 Heat a large frying pan over a medium heat and fry the chorizo for 5 mins until beginning to crisp up. Remove to a bowl with a slotted spoon and set aside. Fry the leeks in the residual chorizo oil with a pinch of salt for 10-15 mins until softened, adding a pinch of paprika in the last minute. Remove from the heat and leave to cool for 15 mins.

4 Whisk the eggs, cream, most of the cheese and chives and some seasoning together. Spread the leek mixture into the base of the tart case, then gently pour over the egg mixture. Scatter with the remaining cheese, chives and paprika. Bake in the centre of the oven for 15-20 mins, then remove and leave to cool for 15 mins before serving with a green salad.

PER SERVING 442 kcals • fat 31g • saturates 17g • carbs 26g • sugars 2g • fibre 3g • protein 14g • salt 0.9g



tip
If you don't have leeks, fry 6 peeled and sliced banana shallots until well-caramelised, about 15 mins.





Roasted squash with chicory, goat's cheese & herby couscous

SERVES 4 **PREP** 20 mins
COOK 30 mins **EASY** **V**

1 butternut squash
1 small garlic clove
2 tbsp olive oil
200g giant wholewheat couscous
small bunch of basil, roughly chopped
small bunch of parsley, roughly chopped
2 tbsp pine nuts, toasted
100ml extra virgin olive oil
small pinch of sugar
1-2 lemons, juiced
2 red chicory, leaves separated
100g goat's cheese, sliced into rounds

1 Heat the oven to 180C/160C fan/gas 4. Cut the bulbous end from the squash, then halve, scoop out the seeds and cut into wedges (reserve the long neck of the squash for another recipe). Spread the squash wedges out in a roasting tin. Peel the garlic and toss this through the wedges along with some seasoning and the olive oil. Roast for 30 mins until the squash is tender.

2 Meanwhile, cook the couscous following pack instructions. Drain, return to the pan and leave to steam-dry. Tip the basil, parsley, pine nuts and half the extra virgin olive oil into a food processor with

the sugar and some seasoning. Blitz to a coarse paste. With the motor running, drizzle in the remaining extra virgin olive oil and lemon juice. Season to taste, then toss with the couscous.

3 When the squash is tender, roughly mash the garlic clove and gently stir through the squash. Toss the wedges through the couscous with the chicory leaves and goat's cheese. *Any leftovers will keep covered in the fridge for up to a day.*

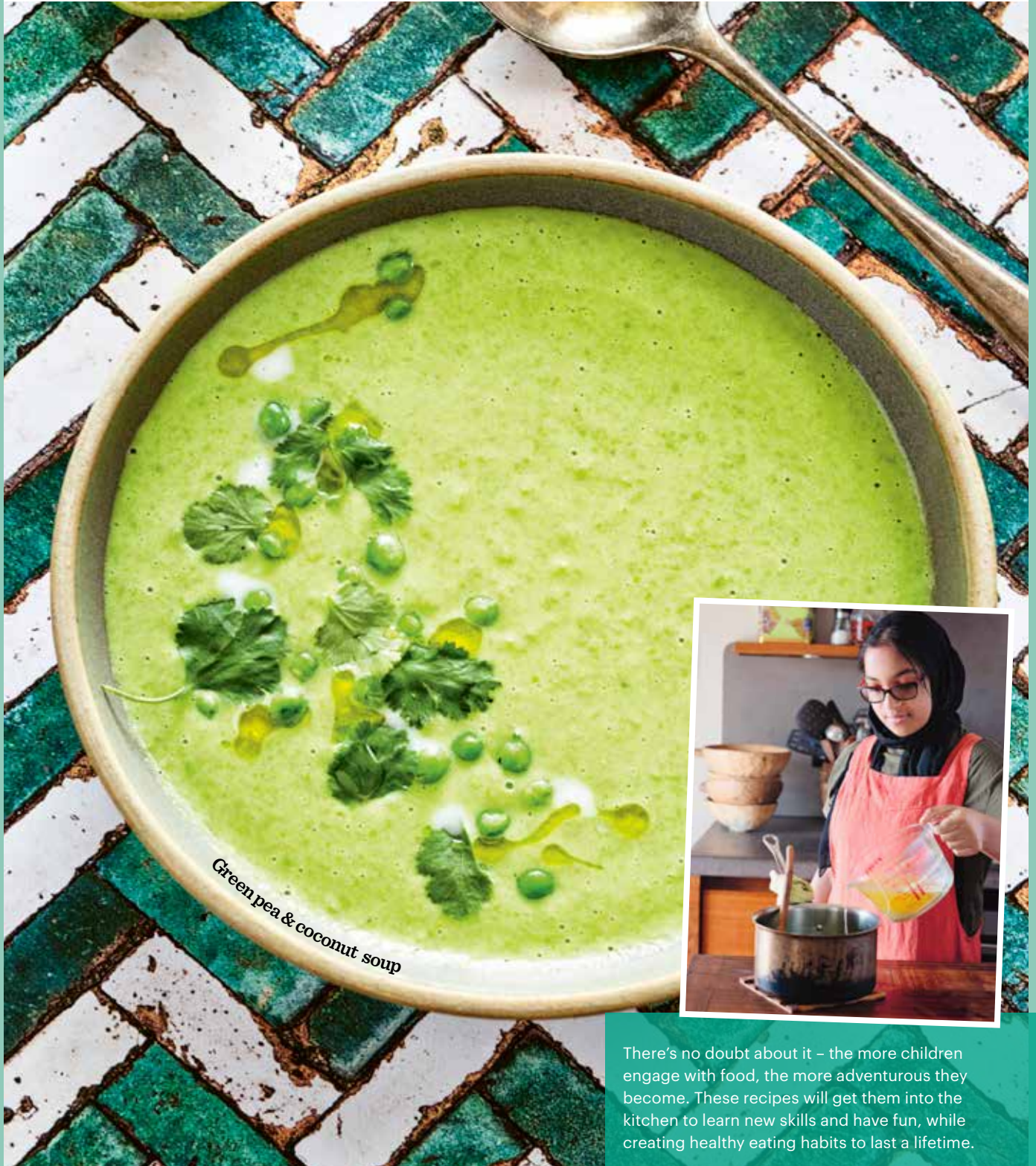
GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING 626 kcs • fat 44g • saturates 10g •
carbs 39g • sugars 6g • fibre 10g • protein 15g •
salt 0.4g

family

eat your greens

Simple but vibrant veggie recipes to get your children cooking

recipes JENNY CHANDLER *photographs* KIRSTY YOUNG



Green pea & coconut soup

There's no doubt about it – the more children engage with food, the more adventurous they become. These recipes will get them into the kitchen to learn new skills and have fun, while creating healthy eating habits to last a lifetime.

Green pea & coconut soup

This is quick to prepare, particularly if you're using frozen peas. If you're podding fresh ones, you can make a tasty vegetable stock by boiling the pea pods with a few onion skins.

SERVES 4 PREP 10 mins

COOK 15 mins EASY V

2 tbsp coconut or cold-pressed rapeseed oil
5 spring onions, sliced
2 garlic cloves, crushed
3cm piece fresh ginger, finely chopped or grated
small bunch of fresh coriander, stalks chopped and leaves separated
600g peas (fresh or frozen)
500ml vegetable stock (made using one stock cube)
400g can coconut milk
1 unwaxed lime, zested and juiced
drizzle of extra-virgin olive oil

1 Heat the oil in a large saucepan over a low heat. Add the spring onions, garlic, ginger and 1 tbsp of the chopped coriander stalks and gently fry for about 4-5 mins until aromatic.

2 Add the peas and vegetable stock to the pan and cook until the peas are tender – frozen will take about 2 mins; fresh peas should be ready in 5 mins.

3 Remove the pan from the heat and set aside a spoonful of peas to use as a garnish later. Use a hand blender to whizz the mixture until smooth.

4 Shake the can of coconut milk and pour it in, leaving a spoonful or so in the bottom of the can, then add most of the coriander leaves, keeping a few back to serve. Put the soup back on a low heat and warm it through, then add the lime zest and juice, and season to taste.

5 Serve topped with the reserved peas, a splash of the coconut milk from the can, a drizzle of olive oil and the remaining coriander leaves.

GOOD TO KNOW vegan • fibre • vit c • 1 of 5-a-day
PER SERVING 360 kcals • fat 25g • saturates 15g •
carbs 19g • sugars 11g • fibre 9g • protein 10g • salt 1.1g



Roast carrot & shallot tart

Although we're mainly used to seeing orange carrots, they grow in so many shades, from white to purple. It's a perfect opportunity to put some colour on your plate – and baby heritage carrots look great. You could try roasting other seasonal vegetables instead of the carrots, such as parsnips, beetroot or cauliflower.

SERVES 4-6 PREP 20 mins

COOK 50 mins EASY V

500g carrots (we used a variety of colours), halved and quartered lengthways if they're large
300g shallots, peeled and halved
3 tbsp olive oil
1 thyme sprig, leaves only, or 1/2 tsp dried thyme
1 tsp finely chopped rosemary leaves or 1/2 tsp dried rosemary
320g pre-rolled puff pastry
1 large egg
175g ricotta
100g crumbled feta

1 Heat the oven to 220C/200C fan/gas 7 and put a large baking sheet inside to heat up. Toss the carrots and shallots in the oil in a large roasting tin, then scatter over the herbs and a pinch each of salt and pepper. Roast on the bottom shelf for 20-30 mins until tender.

2 Meanwhile, place the pastry on a sheet of baking parchment and carefully score a frame (marking with the knife but not cutting right through) 3-4cm from the edge. Use a fork to poke holes in the pastry inside the frame. Slide the pastry onto the heated tray. Bake on the top shelf for about 15 mins until golden.
3 Set the cooked pastry aside for a few minutes to cool while you wait for the carrots and shallots to finish roasting. If the middle has puffed up, just push it down with a fish slicer (see pic, above).

4 Mix together the egg, ricotta and feta in a bowl, and season with some salt and pepper. Spread the ricotta mixture over the pastry base and carefully (because the veg will be hot) arrange the roasted shallots and carrots on top. Bake in the oven for a further 15-20 mins until the pastry is golden brown.

GOOD TO KNOW calcium • fibre • 1 of 5-a-day
PER SERVING (6) 404 kcals • fat 27g • saturates 12g •
carbs 26g • sugars 9g • fibre 6g • protein 11g •
salt 1.1g



Apple & ginger flapjacks

Flapjacks are great for a pick-me-up after a good walk or as a sweet bite in a packed lunch. Rolled oats make firmer flapjacks but for a crumbly texture, jumbo oats are delicious, too.

SERVES 16 **PREP** 20 mins
COOK 35 mins **EASY V**

125g unsalted butter
125g light brown muscovado sugar
250g rolled oats
2 small eating apples, coarsely grated
4cm piece fresh ginger, grated
50g sultanas
2 tbsp pumpkin seeds

1 Heat the oven to 180C/160C fan/gas 4. Line a 20cm square tin with baking parchment. Put the butter and sugar in a large saucepan and set over a medium heat to melt.

2 Turn off the heat and stir the oats into the melted butter mixture, then add the apples, ginger, sultanas and pumpkin seeds. Mix everything together well, making sure that all the oats are well distributed. Spoon the mixture into the prepared tin, pressing down firmly with the back of a spoon, then bake for 30 mins.

3 Remove from the oven and leave to cool completely in the tin. Use the paper to carefully lift the bake out in one piece. Cut the mixture into 16 squares. *Will keep for up to a week in an airtight container.*

PER SERVING 179 kcal • fat 9g • saturates 4g • carbs 22g • sugars 11g • fibre 2g • protein 3g • salt 0.01g





Berry smoothie bowl

This is basically a smoothie thickened with a few grains or seeds, such as oats, chia or flax. These don't really add flavour, but make the smoothie both filling and loaded with slow-release energy to keep you going until lunchtime.

SERVES 4 **PREP** 15 mins

NO COOK **EASY** **V**

3 tbsp plain yogurt (use dairy-free, if you prefer)

1 apple and 1 pear, or 2 of each, quartered and cores removed

3 pitted dates or dried apricots, roughly chopped

300g mixed fresh or frozen berries

2 tbsp rolled oats, chia or flaxseeds

For the topping

100g blueberries

1 kiwi, peeled and sliced

small handful of granola

2 tbsp toasted coconut chips

edible flowers (optional)

1 Put the yogurt in a blender with all of the fruit and oats or seeds. If you're using frozen berries, add 4-5 tbsp of water. Put the lid on and whizz until smooth.

2 Check the texture – it should be just spoonable, like a thin yogurt (it will thicken as the oats and seeds absorb moisture and swell up). Add a couple of tablespoons of water if the smoothie is very thick. Pour into bowls, then add the toppings.

GOOD TO KNOW low fat • low cal • fibre • vit c • 2 of 5-a-day

PER SERVING 213 kcal • fat 6g • saturates 4g • carbs 31g • sugars 23g • fibre 8g • protein 5g • salt 1.6g

gf tip

Jenny says, 'Try adding 3 tbsp cooked chickpeas or beans (such as cannellini, adzuki or butter beans) instead of the oats or seeds. Yes, it sounds bonkers, but the pulses will make your mixture velvety-smooth and nobody will guess what the mystery ingredient is.'



Seeded oat bread

A change from traditional breads made with wheat, this is ideal for serving with soups and an absolute favourite with a bit of butter and honey.

SERVES 10 (makes 1 loaf)

PREP 10 mins **COOK** 1 hr

EASY V

2 tbsp extra virgin olive oil, plus extra for the tin

500ml plain yogurt, buttermilk or kefir

1 tbsp treacle

350g porridge oats

75g mixed seeds (such as sunflower, pumpkin, sesame, poppy, flaxseeds or camelina)

2 tsp bicarbonate of soda

1 Heat the oven to 180C/160C fan/gas 4. Oil and line a 900g loaf tin with baking parchment across the bottom and up the sides.

2 Tip the oil, yogurt and treacle into a large bowl and stir. Add the oats and most of the seeds, then sprinkle over $\frac{1}{2}$ tsp salt and the bicarbonate of soda. Stir again until you have a wet, sticky dough. Tip the dough into the prepared tin. Flatten the top slightly with a damp spoon (this stops the porridge from sticking to it) and scatter over the remaining seeds.

3 Bake the loaf for 50 mins-1 hr until a skewer inserted into the middle comes out clean. Check on it after about 45 mins – if the crust is getting too dark, cover it with foil. Carefully turn out of the tin onto a wire rack. If the bottom still feels a little soggy, turn the loaf upside down onto a baking sheet and put it back in the oven for another 5 mins. Leave to cool completely before serving.

PER SERVING 251 kcal • fat 10g • saturates 2g • carbs 30g • sugars 5g • fibre 4g • protein 9g • salt 0.9g



Recipes adapted from *Green Kids Cook* by Jenny Chandler (Pavilion). Recipes are supplied by the publisher and not retested by us.

GOOD FOOD NATION SURVEY

How kids are going veggie

Last year, our Good Food Nation survey revealed how children's attitudes to eating and cooking have changed since the pandemic.

We found that more children aged five to 16 had adopted new eating habits, with 59% enjoying baking, and around 50% making their own breakfast and lunch. The survey also found that kids are becoming more environmentally aware. With an understanding of climate change, more children have taken an interest in the impact their food has on the planet.

Nearly three in five (57%) said paying attention to where their food comes from and how it's prepared has become more important since the pandemic began, and two-thirds (66%) said helping save the planet has become more important. One in 12 (8%) children surveyed now follow a vegan diet while 15% would like to be vegan, and 13% are vegetarian while just over a fifth (21%) would like to be.

Part of this is down to health concerns, which perhaps isn't surprising given the impact of the pandemic.



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health

Delicious recipes and top nutrition tips

power lunches

■ page 74



5 healthy ways

■ tahini, page 80

power lunches

These nutritious recipes can be prepared ahead for busier days

Turkey salad with grapes & walnuts

Winter lunches aren't just about soup – this salad provides protein, carbs and beneficial fats. The recipe makes enough to serve two people over two days.

SERVES 4 (2 people over 2 days)

PREP 20 mins **COOK** 22 mins **EASY**

FIBRE

VIT C

GLUTEN FREE

450g baby potatoes
150g pot bio yogurt
1 tsp English mustard powder
1 lime, zested and juiced
1 red onion, finely chopped
400g pack turkey mini breast fillets
1 tsp rapeseed or olive oil
1 Romaine lettuce heart (200g), thickly sliced
½ x 85g pack watercress
2 green peppers, deseeded and diced
2 avocados, halved and sliced
150g black or red seedless grapes, halved
40g walnuts, broken into pieces

1 Boil the potatoes for 12-15 mins until tender, then drain and leave to cool a little. Cut the potatoes into thick slices. Mix together the yogurt, mustard and lime zest. Toss the potatoes with 4 tbsp of the dressing and 3 tbsp of the onion.

2 Put the turkey in a medium bowl and toss with the oil, then cook in a non-stick frying pan over a medium heat for 10 mins, turning at least once until the turkey is cooked through.

3 When you're ready to serve, mix half the lettuce, watercress, half of the remaining onion and 1 of the peppers in a bowl. Top with half the potatoes, and slice and pile on half the turkey. Toss the avocado with a good squeeze of lime, then scatter

half on top with half the grapes, and half the walnuts. Spoon over half of the remaining dressing.

4 If packing this into lunchboxes, do the same with the remaining ingredients in the lunchboxes, but in reverse, so the green salad is at the top. Keep the dressing in a pot

separately, to drizzle over just before eating. *Will keep chilled for two days.*

GOOD TO KNOW healthy • folate • fibre • vit c • 3 of 5-a-day • gluten free

PER SERVING 476 kcal • fat 22g • saturates 4g • carbs 31g • sugars 15g • fibre 9g • protein 34g • salt 0.3g





Veg-packed egg muffins with bean salad

Eggs are nutritional powerhouses, providing almost every nutrient you need including protein to aid muscle repair after exercise.

SERVES 4 (2 people over 2 days)
PREP 15 mins **COOK 30 mins**
EASY



2 tsp olive or rapeseed oil, plus extra for brushing
320g chestnut mushrooms, halved and thinly sliced
2 garlic cloves, finely grated
2 tbsp thyme leaves
320g baby spinach
grating of nutmeg
6 large eggs
15g anchovies, finely chopped

For the bean salad
2 x 400g cans black-eyed beans, drained
200g can sweetcorn
1 red onion, finely chopped
8 Kalamata olives, sliced
10g flat-leaf parsley or half parsley, half basil, chopped
1 tbsp olive oil
1 tbsp balsamic vinegar

1 Heat the oven to 200C/180C fan/gas 6. If you don't have a non-stick muffin tray, line the 12 holes with lightly oiled muffin cases that have been smoothed out.

2 Heat a large non-stick pan and fry the mushrooms over a medium heat, covered, for 8 mins until they're smaller in size, then remove the lid. Add the garlic and thyme and cook for a few minutes. Tip into a large bowl. Add the spinach to the pan, cover and cook for 5 mins until wilted, then squeeze out the water and put in the bowl with the mushrooms.

3 Add a good grating of nutmeg and break in the eggs. Whisk to combine, add the anchovies and whisk again. Divide the mixture between the muffin cases, then bake for 12-15 mins until set. Peel off the cases while warm.

4 Meanwhile, tip the beans, corn, onion, olives and parsley into a bowl, then toss with the oil and balsamic vinegar. Serve three muffins per person, warm or cold with the salad. *Will keep chilled for up to three days.*

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 416 kcal • fat 17g • saturates 4g • carbs 31g • sugars 7g • fibre 12g • protein 30g • salt 1.3g



Leek & broccoli soup with cheesy scones

Broccoli helps support good gut health and digestion.

SERVES 4 (2 people over 2 days)
PREP 20 mins **COOK 30 mins**
EASY **V** *****



375g leeks, thinly sliced
400g potatoes, peeled and cut into medium chunks
2 garlic cloves, chopped
2 tsp veg bouillon powder
340g broccoli, roughly chopped
250ml milk

For the cheese scones
165g plain wholemeal flour
1 tsp baking powder
20g parmesan or vegetarian alternative, finely grated
1 tsp mustard powder
100ml milk
½ tbsp olive oil
65g soft goat's cheese
4 tomatoes, sliced, to serve

1 Tip the leeks, potatoes and garlic into a large pan with the bouillon. Pour over 800ml boiling water, stir well, cover and simmer for 15 mins.

2 Add the broccoli to the pan, then cover and cook for 5 mins more until just tender. Blitz

with a hand blender until smooth, then pour in the milk and blitz again. Add a little stock if the soup looks too thick.

3 To make the scones, heat the oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Put the flour and baking powder in a bowl with all but 1 tbsp of the parmesan and all the mustard powder. Gradually add the milk and oil, stirring with a cutlery knife, until the mixture comes together. Shape into a log, about 16cm long and 6cm wide, and press the remaining parmesan on top. Cut in half along the length, then halve each of those pieces again to create four wedge-like scones. Arrange the scones on the tray and bake for 10-12 mins until golden.

4 Reserve two of the scones for another day. *Will keep covered for up to three days.* Halve the remaining two and top with half the goat's cheese and half the tomato. Ladle half the soup into two bowls and serve with the scones. *The remaining soup will keep chilled for up to three days.*

GOOD TO KNOW healthy • low fat • low cal • vit c • fibre • 2 of 5-a-day
PER SERVING 411 kcal • fat 11g • saturates 5g • carbs 54g • sugars 9g • fibre 10g • protein 20g • salt 0.8g

dinners to do you good

Hearty meals made with fibre-rich beans, grains and veg encourage healthy bacteria to support your immune and digestive systems

Salmon spaghetti soup with broccoli pesto

This tasty bowlful is inspired by a classic minestrone, but it's more substantial. You should eat oily fish at least once a week in the form of salmon, mackerel or sardines, as their heart-healthy omega-3 fatty acids can't be made by your body.

SERVES 4 (2 people over 2 days) **PREP** 25 mins
COOK 25 mins **EASY** ✨

FIBRE

OMEGA-3

5 OF 5-A-DAY

1 tbsp olive or rapeseed oil
320g carrots, finely diced
165g celery, finely diced
2 onions (320g), finely chopped
2 large garlic cloves, finely grated
½ tsp dried oregano
2 tsp veg bouillon powder
400g can chopped tomatoes
2 tbsp tomato purée
100g wholemeal spaghetti
400g can cannellini beans
460g wild salmon fillets, skinned and cut into chunks

For the broccoli pesto

185g broccoli, cut into florets, stalks chopped
15g fresh basil, plus a few extra leaves to serve
1 tbsp lemon juice, plus finely grated zest of ½ (optional)
1 tbsp olive or rapeseed oil

1 Heat the oil in a large deep-sided frying pan and fry the carrots, celery and onions over a medium heat for 8-10 mins. Add the garlic, oregano and bouillon, 1 litre boiling water and the tomatoes. Stir in the tomato purée. Cover and simmer for 10 mins.
2 Break in the spaghetti (snap it into about three lengths), tip in the beans along with the water from the can, and simmer for 10 mins more.

3 Stir in the chunks of salmon, then reduce the heat to low, cover and simmer for 5 mins.

4 Meanwhile, for the pesto, cook the broccoli in boiling water for 5 mins, then cool quickly in a bowl of cold water. Drain well, then return to the bowl and use a hand blender to blitz it with the basil, lemon juice and olive oil to make a thick pesto.

5 Ladle half the spaghetti mixture into two bowls and top with half

the pesto. Scatter with some of the lemon zest, if you like, and a few basil leaves. *Cover and chill the remaining portions. Keeps chilled for up to three days, or frozen for up to a month. Defrost thoroughly before reheating until piping hot.*

GOOD TO KNOW healthy • vit c • fibre • omega-3 • 5 of 5-a-day

PER SERVING 524 kcal • fat 19g • saturates 3g • carbs 43g • sugars 15g • fibre 14g • protein 38g • salt 1.3g





Balsamic beef stew with veggie mash

Get all five of your five-a-day in this tasty stew accompanied by the ideal comfort food – veggie mash – perfect for chilly weather. This quantity will give you two suppers to eat on different nights.

SERVES 4 (2 people over 2 days)
PREP 20 mins **COOK** 3 hrs 10 mins
EASY 🌟



1 tbsp olive or rapeseed oil
 2 large onions (325g), halved and sliced
 600g diced lean stewing beef
 2 garlic cloves, chopped
 10g dried porcini mushrooms
 2 tbsp balsamic vinegar
 2 tbsp tomato purée
 2 tsp veg bouillon powder
 1 tsp English mustard powder

320g carrots, finely chopped
 200g large chestnut mushrooms, quartered
 few fresh thyme sprigs
 4 x 80g portions broccoli, cut into florets

For the mash

750g swede, cut into chunks
 500g potatoes, cut into small chunks

1 Heat the oven to 170C/150C fan/gas 3. Heat the oil in a heavy-based ovenproof casserole, then fry the onions for about 8 mins, stirring, until golden. Add the beef and garlic, and stir-fry over a high heat until browned all over.
2 Pour 500ml boiling water over the dried mushrooms in a bowl to briefly hydrate, then pour into the casserole with the liquid, and stir in the balsamic vinegar, tomato purée, bouillon and mustard powders. Pile in the carrots, chestnut mushrooms, thyme and some seasoning. Cover, then put in the oven for 3 hrs until the meat is tender. Towards the end

of cooking, add a splash of water if the stew is looking dry.

3 When the stew is nearly ready, make the mash. Boil the swede and potatoes together for 12-15 mins in a pan over a medium heat. Drain well, then mash with a grating of black pepper. Steam or boil half the broccoli for 5 mins until tender.

4 Serve half the stew with the cooked broccoli. *The remaining stew will keep chilled for up to three days and frozen for up to a month. Defrost thoroughly before reheating. Reheat the stew and mash in the microwave and steam or boil the remaining broccoli on the night of serving to help preserve the vitamins.*

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 5 of 5-a-day
PER SERVING 434 kcs • fat 11g • saturates 3g • carbs 39g • sugars 18g • fibre 11g • protein 40g • salt 1.2g



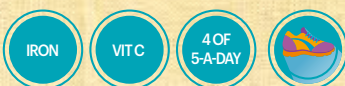
Coriander roast chicken thighs with puy lentil salad

This delicious roast provides a clever balance of protein and nutrient-dense carbs, making it an ideal choice post-exercise.

SERVES 4 (2 people over 2 days)

PREP 20 mins **COOK** 45 mins

EASY 🌟 chicken only



185g puy lentils
20g ginger, peeled
30g fresh coriander, plus some extra leaves to serve
1 tsp each garam masala and ground coriander
½ tsp ground cumin
2 large whole garlic cloves, plus 1 small clove, finely grated
2 tbsp lemon juice
150g pot plain bio yogurt
6 bone-in, skinless chicken thighs
1 tsp fresh turmeric, finely grated
1 tbsp rapeseed or olive oil, plus 1 tsp

3 red onions (325g), thickly sliced
1 large red pepper and 1 large yellow pepper, deseeded and cut into chunks
400g cauliflower, cut into small florets
1 tsp cumin seeds

1 Heat the oven to 220C/200C fan/gas 7. Boil the lentils for 35-40 mins over a medium heat until tender.
2 Meanwhile, put the ginger, fresh coriander, garam masala, the ground coriander, ground cumin and the 2 whole garlic cloves in a large bowl with half the lemon juice and 3 tbsp of the yogurt. Blitz using a hand blender until smooth. Use 4 tbsp of the mixture to coat the chicken thighs in a large bowl. Arrange the chicken on a baking tray in a single layer.
3 Add the remaining yogurt to the remaining spice and herb mixture, along with the turmeric, 1 tsp oil, the grated garlic, 1 tbsp water and remaining lemon juice to taste. Set aside.

4 Tip the onions, peppers and cauliflower into the bowl used for the chicken, and toss with 1 tbsp oil to coat in some of the spice mix. Spread the veg out on a baking tray, then put in the oven with the chicken for 30-35 mins until the chicken is cooked through.
5 Remove the chicken and wrap in foil to keep it warm. Scatter the cumin seeds over the veg and return to the oven for 5 mins until golden.
6 To serve, drain the lentils and put in a serving bowl with the roasted veg and the remaining turmeric yogurt. Gently toss together. Serve with the chicken (taking the meat off the bones), and scatter with the extra coriander. *Eat half and pack up the rest to eat cold another day. Will keep chilled for up to three days or frozen for up to a month.*

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 4 of 5-a-day

PER SERVING 419 kcs • fat 13g • saturates 3g • carbs 36g • sugars 14g • fibre 12g • protein 33g • salt 0.3g



Tempeh traybake

Made from fermented soya beans, tempeh is a nutrient-rich plant protein. Choosing fermented soya products, like tempeh, provides numerous benefits, including being easier on the digestion, and making nutrients like calcium and magnesium easier for us to absorb.

SERVES 2 PREP 10 mins plus marinating COOK 40 mins EASY V



200g pack organic unflavoured tempeh, thickly sliced
1 red pepper, deseeded and cut into small chunks
1 red onion, cut into wedges
160g sweet potatoes, cut into wedges
200g baby potatoes, halved
130g whole baby corn
1 courgette (160g), thickly sliced
2 tsp olive or rapeseed oil
1 tsp dried oregano
½ lemon, juiced
2-3 tbsp thyme leaves

For the marinade

1 tbsp tomato purée
1 tsp smoked paprika
2 tsp balsamic vinegar
2 garlic cloves, finely grated
10g finely chopped dates
2 tsp olive or rapeseed oil

1 Heat the oven to 190C/170C fan/gas 5. Mix the marinade ingredients with plenty of black pepper and 2 tbsp water in a bowl, then stir in the tempeh to coat it. Set aside for 15 mins to marinate.

2 Pile the vegetables onto a large baking tray and toss with the oil and oregano. Bake for 10 mins, then add the tempeh along with any remaining marinade, and bake for 30 mins more until the veg is tender. Leave to cool a little, then squeeze over the lemon juice to taste (start with a quarter) and scatter over the thyme.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 5 of 5-a-day
PER SERVING 503 kcal • fat 14g • saturates 1g • carbs 56g • sugars 22g • fibre 18g • protein 29g • salt 0.1g



Curried bean & coconut cod

If you like a creamy curry, this cheat's version combines sweetcorn and unsweetened coconut yogurt, which is lower in fat than traditional coconut milk.

SERVES 2 PREP 10 mins COOK 35 mins EASY



125g brown basmati rice
200g can sweetcorn
15g ginger
2 large garlic cloves
½ tsp mustard seeds
1 tbsp garam masala
1 tsp vegetable bouillon powder
½-1 red chilli, deseeded and sliced (optional)
1 cinnamon stick
160g green beans, trimmed
160g whole cherry tomatoes
160g baby spinach
2 skinless cod loins (about 240g)
80g coconut yogurt
10g fresh coriander, chopped, plus extra to serve

1 Boil the rice following pack instructions. Meanwhile, tip the sweetcorn into a bowl with the ginger and garlic, and blitz with a hand blender until smooth and creamy.

2 Put the mustard seeds in a large pan and warm briefly over a low heat until they start to pop. Tip in the garam masala and sweetcorn mixture, and mix with 350ml boiling water, the bouillon, chilli, if using, and the cinnamon stick. Bring to the boil, then lower the heat to medium. Add the beans and tomatoes, then cover the pan and cook for 6 mins.

3 Add the spinach and stir until beginning to wilt, then top with the fish, spoon over some sauce or gently push it under, then cover and cook 5-8 mins more until the fish is just cooked.

4 Carefully lift the fish from the pan and stir the coconut yogurt and coriander into the curry. Serve with the rice and extra coriander scattered over.

GOOD TO KNOW healthy • low fat • calcium • folate • fibre • vit c • iron • 4 of 5-a-day
PER SERVING 514 kcal • fat 10g • saturates 5g • carbs 66g • sugars 11g • fibre 10g • protein 35g • salt 1.3g

5 healthy ways

tahini

Made from toasted, ground sesame seeds, tahini is a source of antioxidants, manganese and iron. Plus, it adds a distinctly savoury, nutty flavour to a variety of dishes – try it in these good-for-you recipes

Courgette & tahini dip

SERVES 2 **PREP** 10 mins plus cooling
COOK 20 mins **EASY V**

Heat the oven to 220C/200C fan/gas 7. Wrap **2 large courgettes** in foil and roast for 20 mins until soft – they should be tender enough to be easily pierced with a fork. Leave to cool completely. Tip the courgettes into a food processor along with **1 small crushed garlic clove** and blitz until fluffy. Add **1 tbsp tahini** and the **juice of ½ lemon**. Season and blitz again. Transfer to a bowl, then stir through **1 tbsp Greek yogurt** and a **few chopped mint leaves**. Drizzle with **½ tsp olive oil** and scatter over some more chopped mint to serve.

GOOD TO KNOW healthy • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 121 kcals • fat 7g • saturates 2g • carbs 5g • sugars 4g • fibre 3g • protein 7g • salt 0.2g

Veggie tahini lentils

SERVES 4 **PREP** 10 mins **COOK** 10 mins **EASY V ***

Mix **50g tahini** with the **zest and juice of 1 lemon** and 50ml cold water in a jug. Season to taste, then set aside. Heat **2 tbsp olive oil** in a wok or large frying pan over a medium-high heat and fry **1 thinly sliced red onion** with a pinch of salt for 2 mins until starting to soften and colour. Add **1 crushed garlic clove**, **1 thinly sliced yellow pepper**, **200g halved green beans** and **1 sliced courgette** and fry for 5 mins, stirring frequently. Tip in **100g shredded kale**, **250g cooked puy lentils** and the tahini dressing. Warm through for a couple of minutes, stirring everything together until the kale has wilted and all the veg and lentils are coated in the dressing.

GOOD TO KNOW vegan • healthy • low cal • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 293 kcals • fat 14g • saturates 2g • carbs 23g • sugars 7g • fibre 10g • protein 13g • salt 0.7g

Banana & tahini porridge

SERVES 2 **PREP** 5 mins
COOK 5 mins **EASY V**

Mix **1 tbsp tahini** with **1 tbsp milk** and 1 tbsp water. Cook **100g porridge oats**, **1 sliced banana**, **2 cardamom pods**, crushed, 100ml milk and 300ml water over a medium heat for 5 mins, stirring until creamy. Spoon into bowls. Top with another 50ml milk, 1 sliced banana, the tahini mixture and **1 tbsp toasted sesame seeds**.

GOOD TO KNOW healthy • calcium • fibre • iron • 1 of 5-a-day
PER SERVING 431 kcals • fat 17g • saturates 3g • carbs 53g • sugars 18g • fibre 7g • protein 14g • salt 0.3g

Coleslaw with tahini yogurt

SERVES 6 as a side **PREP** 15 mins
NO COOK EASY V

Mix **1½ tbsp tahini paste**, **5 tbsp Greek-style natural yogurt**, **½ crushed garlic clove** and some seasoning in a large bowl until smooth. The dressing will thicken, so add 2-3 tbsp cold water to loosen it. Toss **1 small red cabbage**, finely sliced, **3 small carrots**, cut into matchsticks, and **1 small onion**, finely sliced, in the dressing until everything is well coated.

GOOD TO KNOW healthy • low fat • vit c • 2 of 5-a-day • gluten free
PER SERVING 109 kcals • fat 5g • saturates 2g • carbs 10g • sugars 8g • fibre 6g • protein 4g • salt 0.1g

Egg salad with borlotti beans & tahini dressing

SERVES 2 **PREP** 10 mins
COOK 5 mins **EASY V**

Cook **2 large eggs** in a pan of boiling water for 8 mins. Drain and rinse under cold running water to cool, then peel and halve. While the eggs cook, mix **1 tbsp lemon juice** with 3 tbsp water and **1 tbsp tahini** to make a dressing. Heat **1 tbsp rapeseed oil** in a pan and fry **1 chopped red onion** and **3 finely chopped garlic cloves** for 5 mins until softened. Add **1 tsp ground cumin** and **½ tsp cumin seeds**, stir briefly, then add a **400g can borlotti** or **fava beans** and the juice from the can. Warm through, lightly crushing some of the beans as you do. Taste and add the juice of 1 lemon and a little seasoning, if needed. Spoon the beans onto plates, then add **2 Little Gem lettuces**, cut into wedges, the eggs and **2 tomatoes**, cut into wedges. Drizzle with the tahini dressing and scatter with some **chilli flakes** and **roughly chopped parsley**, if you like.

GOOD TO KNOW healthy • low cal • low fat • folate • fibre • 3 of 5-a-day • gluten free
PER SERVING 260 kcals • fat 12g • saturates 2g • carbs 17g • sugars 7g • fibre 10g • protein 16g • salt 0.3g



GOURMET LIFESTYLE

*THE SUITE LIFE
THE OBEROI BEACH
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THE SUITE LIFE

Escape to The Oberoi Beach Resort, Al Zorah, a lush and secluded beachside destination in the UAE

Just a short drive away from Dubai, The Oberoi Beach Resort, Al Zorah is an exquisite seaside property nestled within the immaculate Al Zorah sanctuary. Teeming with natural wonders, Al Zorah is framed by protected mangroves, white sandy beaches and azure lagoons. Look forward to unwrapping a slice of nature with almost 60 species of birds, diverse marine life and an offshore coral.

The Oberoi Beach Resort, Al Zorah was designed by the world-famous Italian architect and designer, Piero Lissoni. Expect to be awestruck from the moment you step into the lobby. Magnificent pools of water surround the space, complemented by open spaces with contemporary architecture,

sophisticated décor and a natural palette that marries with the ocean, in elements of white and shades of blue and green. Do keep an eye out for the mesmerising hand-painted Italian wall tiles in your room or villa.

Upon completing our swift check-in, we were welcomed with a cooling cucumber lemonade and offered an insight into the various dining options at the property – namely Aquario, Vinesse, The Library and The Poolside Lounge – before being shown to our room.

ACCOMMODATION

The resort's luxury rooms and villas range from 81 square metres to a whopping 346 square metres, boasting private terraces, temperature-

controlled private pools and outdoor showers. Beginning at a Premier Room level with a Private Garden, all the way to a Kohinoor Suite with a Private Terrace, and ending at a Premium Two- or Three-Bedroom Villa with a secluded pool for larger groups, guests are spoilt for choice.

Our Premier Room with a private terrace was surprisingly enormous – featuring a spacious walk-in closet, an en-suite bathroom with a Rain shower and bathtub, spacious setting with a plush sofa, dining cum work area, king bed, soundproof windows, and a large terrace with panoramic ocean and resort views – the room could easily pass off as a lavish one-bedroom city apartment.



Once we settled in and unpacked, we had a look around and would suggest you pack light, as amenities include perfumed talc, deodorant, a beach bag and beach slippers. We were also thoroughly impressed that the property offers only Al Ain Plant bottles of water; and that the toiletries were crafted from natural ingredients such as Lime, Tulsi and Narangi.

CULINARY OFFERINGS

The end of a long week demands a well-deserved, hearty meal and this was exactly what we had in mind as we made our way to Aquario. The specialty seafood

restaurant by the beach features a menu brimming with fresh local and international ingredients, and cooking techniques that begin in the South of France, onwards across the Mediterranean coastline to Italy.

An amuse-bouche of lightly Grilled artichoke was served, and we polished the bite-sized hors d'œuvre in no time. On prompts from our server and the talented Executive Chef William Chaaban, our starters comprised three delicacies. The first was from the Raw Selection – a signature Tuna tartare with the silken sweetness of a piquillo and celery emulsion and a scattering of creamy

avocado bits. This was followed by a serving of three crisp chia tuiles with King crab, melon charentais and green apple slices, where I had to fight my dining partner for the last one; and Plancha scallops on a bed of celeriac cream, with trout roe and an apple beurre blanc. On indulging in the dish, my partner said and I agree, “this is the first time we’ve had melt-in-your-mouth scallops.” They were sublime. Mains followed with a perfectly cooked Sea bass baked in a salt dough, accompanied by veggies, sage mash and sauce vierge; and a generously portioned luscious Lobster linguini with crustacean butter, that felt like a cosy hug. We opted to share a spirited Sangria fresca for dessert. Picture a punchy beverage but as a dessert, with grape-marinated strawberry, pecan shortbread and mascarpone gelato.

Saturday morning warranted a lie-in before a scrumptious breakfast at the all-day dining spot, Vinesse. Something we absolutely appreciated here was the à la carte menu, over a buffet. An expansive one at that, you can expect wholesome options, traditional and signature egg preparations, Indian specialties, Middle Eastern delights and tempting Morning sweets – after all, it’s the weekend! A fresh fruit platter and a basket of viennoiseries offered us delectable bites, washed down by beetroot, watermelon and carrot juices and hot coffee. Over the course of day one and two, we shared Poached eggs with truffle mushroom duxelles, white truffle hollandaise and maize toast; a lightly-spiced Mysore masala dosa with lentil stew and three different chutneys; Potato curry with deep-fried wheat bread; and Eggs royale with smoked salmon and steamed brioche. Expect tons of flavour and wholesome



portions that easily satisfy, till it's time for a late lunch. Too tempting to resist, we tucked into a portion of Crepes with Nutella and strawberry, served with crème Chantilly, fruit compote and maple syrup.

Menu aside, and deserving its own mention, was the glorious bread of the day served warm from the oven straight to our table. We waited eagerly for a glimpse of the pastry chef so we could request for a second (and third) serving of the delectable Maple syrup and Cinnamon croissants. Quick service, welcome surprises from the bakery and quality food ensured our days began on a spectacular note.

We skipped lunch and spent the day by the picturesque pool (more on that below), enjoying lemon-mint, strawberry and mango ice lollies instead. When dinner time came around, we were ravenous. The weather called for fiery food, and a dinner reservation at Vinesse with its array of international cuisine meant we could have just that. Papadams with chilli, mango and sweet-lime pickle ensured a lovely gateway into our choice of fare for the evening. Spiced

Malabar shrimps in an onion and curry leaves gravy with mustard seeds; and an aromatic lamb Seekh kebab served with mint chutney completed our course of appetizers. Featuring a home-cooked flair, the dishes were cooked to perfection. For mains, we decided on spiced, comfort classics with a Chicken tikka masala and Dal makhani (black lentils with tomato and butter) alongside garlic naans – a feast my dining partner devoured; and a Goan-style, Indian prawn curry (fresh coconut gravy with onions, dried red chilli and a finishing of tamarind) with Steamed rice. Safe to say, we were stunned with the execution of the menu. For dessert, my partner inhaled a Chocolate fondant with Tahiti vanilla ice cream.

FACILITIES

The property's vibrant blue swimming pool is a sight to behold, with its striking length of 85 metres. To put this into perspective, Olympic swimming pools are 50 meters long. A visit to this one, as an adult, will have you enjoying yourself immensely, as kids can splash around to one side under parental supervision,

whilst you have the other end to lay back, relax and catch some rays.

A rejuvenating Spa, a state-of-the-art Fitness centre and a yoga pavilion ensure you keep busy with activities for your physical and mental well-being. Golf enthusiasts can head to the nearby 18-hole Jack Nicklaus-designed championship golf course, while water sports fans can partake in a range of on-request events at the hotel's beach. You can also opt to cycle around the resort and kayak around the beautiful mangroves, fully immersing yourself in nature.

INSIDER TIP

Back in the comfort of your room, request to have your choice of pillow delivered and take your pick from a Goose Down, Buckwheat, Memory Foam, Dual Zone or Body pillow from a Room Comfort Menu. Do try and catch a sunset, which can be viewed from every single room at the resort and is spectacular!

BOOK A STAY

Room and breakfast rates start from AED1,800. Call +9716 504 4888. Visit oberoihotels.com/hotels-in-al-zorah-qjman/

BBC goodfood Middle East

MAGAZINE AWARDS 2021

Comprised of 64 individual categories, the BBC Good Food Middle East Magazine Awards honour the best in food from across the region, voted by our readers. The awards are a true representation of consumer favourites, based on an establishment's food quality, price, ambience and service.

The BBC Good Food Middle East Magazine Awards 2021 ceremony was held at The Ritz Carlton, Dubai on January 27, 2022. After the imposed hiatus last year, chefs, restaurateurs and hoteliers gathered for an evening to remember.

Here, we share the winners and a glimpse into the spectacular evening.

We look forward to seeing you next year!

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WINNER

Peacock Alley, Waldorf Astoria
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AMERICAS & CARIBBEAN RESTAURANT DUBAI



WINNER

COYA Dubai

BEST BAKERY & CAFÉ



WINNER

Café Bateel

BRITISH RESTAURANT DUBAI



WINNER

Bread Street Kitchen & Bar

CASUAL BRUNCH DUBAI



WINNER

Soul Street, FIVE Jumeirah Village

CASUAL DINING RESTAURANT DUBAI



WINNER

Slaw

BEST FINE DINING BRUNCH DUBAI



WINNER

Bull & Bear, Waldorf Astoria
Dubai International Financial Centre

BEST FINE DINING RESTAURANT DUBAI



WINNER

The Theater Dubai

BEST INDIAN RESTAURANT DUBAI



WINNER

Khyber, Dukes The Palm,
a Royal Hideaway Hotel

ITALIAN RESTAURANT DUBAI



WINNER

Cinque, FIVE Palm Jumeirah

JAPANESE RESTAURANT DUBAI



WINNER

Taiko Dubai

MEDITERRANEAN RESTAURANT DUBAI



WINNER

Opso

STAYCATION EXPERIENCE DUBAI



WINNER

Mandarin Oriental Jumeira, Dubai

NEW RESTAURANT DUBAI



WINNER

Carna by Dario Cecchini

BEST AFTERNOON TEA ABU DHABI



WINNER

Forever Rose Café

AMERICAS & CARIBBEAN RESTAURANT ABU DHABI



WINNER

VaKaVa, Conrad Abu Dhabi
Etihad Towers

BAKERY & CAFÉ
ABU DHABI



WINNER

Le Café, Emirates Palace, Abu
Dhabi - Mandarin Oriental

BEST BRITISH RESTAURANT
ABU DHABI



WINNER

Oak Room, The Abu Dhabi
EDITION

CASUAL BRUNCH
ABU DHABI



WINNER

Jazz@PizzaExpress

CASUAL DINING
RESTAURANT ABU DHABI



WINNER

Nando's

FINE DINING BRUNCH
ABU DHABI



WINNER

Garage, W Abu Dhabi - Yas Island

BEST FINE DINING
RESTAURANT ABU DHABI



WINNER

LPM Restaurant & Bar

BEST INDIAN RESTAURANT
ABU DHABI



WINNER

Punjab Grill Abu Dhabi

BEST ITALIAN RESTAURANT
ABU DHABI



WINNER

Marco's New York Italian, Fairmont
Bab Al Bahr, Abu Dhabi

BEST JAPANESE
RESTAURANT ABU DHABI



99 Sushi Bar Abu Dhabi

MEDITERRANEAN
RESTAURANT ABU DHABI



Alba Terrace, The Abu Dhabi
EDITION

BEST NEW RESTAURANT
ABU DHABI



Alkalime

BEST STAYCATION
EXPERIENCE ABU DHABI



Jumeirah at Saadiyat
Island Resort

BRUNCH
NORTHERN EMIRATES



WINNER

Brasserie, DoubleTree by Hilton
Resort & Spa Marjan Island

CASUAL DINING RESTAURANT
NORTHERN EMIRATES



WINNER

Basilico, The Cove Rotana Resort

FINE DINING RESTAURANT
NORTHERN EMIRATES



WINNER

Lexington Grill & Bar, Waldorf Astoria
Ras Al Khaimah

STAYCATION EXPERIENCE
NORTHERN EMIRATES



WINNER

The Oberoi Beach Resort, Al Zorah

BEACH CLUB UAE



WINNER

Azure Beach

BEST BREAKFAST SPOT UAE



WINNER

LDC Kitchen + Coffee

BEST FOOD BLOGGER



WINNER

@my.wildtribe

DIET-FRIENDLY RESTAURANT UAE



WINNER

Wild & The Moon

FAMILY BRUNCH UAE



WINNER

Suq, Four Seasons Resort Dubai
at Jumeirah Beach

FOOD DELIVERY AGGREGATORS UAE



WINNER

Deliveroo

FRENCH RESTAURANT UAE



WINNER

MINA Brasserie, Four Seasons Hotel
Dubai International Financial Centre

BEST GASTROPUB UAE



WINNER

Goose Island Tap House,
FIVE Jumeirah Village

GREEK RESTAURANT UAE



WINNER

Mythos Kouzina & Grill

GROCERY DELIVERY SERVICE UAE



WINNER

Kibsons

BEST HIDDEN GEM UAE



WINNER

Dibba Bay Restaurant

HOME APPLIANCE STORE UAE



WINNER

Sharaf DG

BEST HOMEGROWN
RESTAURANT UAE



WINNER

Pitfire Pizza

BEST KITCHEN APPLIANCE
BRAND UAE



WINNER

Thermomix

BEST KITCHENWARE
STORE UAE



WINNER

Crate and Barrel

BEST LEBANESE
RESTAURANT UAE



WINNER

Allo Beirut

MEXICAN RESTAURANT UAE



WINNER

La Tablita, Hyatt Regency Dubai
Creek Heights

MIDDLE EASTERN RESTAURANT UAE



WINNER

Ninive

PAN ASIAN RESTAURANT



WINNER

Blue Jade, The Ritz-Carlton,
Dubai

SEAFOOD RESTAURANT UAE



WINNER

Aprons & Hammers

SPANISH
RESTAURANT UAE



WINNER

Lola Taberna Española

STEAKHOUSE CASUAL
DINING UAE



WINNER

Nezesaussi Grill, Manzil Downtown

STEAKHOUSE FINE
DINING UAE



WINNER

Carna by Dario Cecchini

SUPERMARKET UAE



WINNER

Spinneys

THAI RESTAURANT UAE



Sticky Rice

TURKISH RESTAURANT UAE



Asil

BEST VEGAN DISH UAE



WINNER

Wholesome Burger,
Caribou Coffee

CASUAL DINING RESTAURANT GCC



WINNER

P.F. Chang's Middle East

CULINARY
SCHOOL UAE



WINNER

International Centre for
Culinary Arts - ICCA Dubai

FINE DINING
RESTAURANT GCC



WINNER

Clay

STAYCATION
EXPERIENCE GCC



WINNER

Anantara Al Jabal
Al Akhdar Resort

RESTAURANT
OF THE YEAR



WINNER

The Theater Dubai

CULINARY
ENTREPRENEUR
OF THE YEAR



WINNER

Reif Othman

PRO CHEF
OF THE YEAR



WINNER

Troy Payne, The Pangolin
Restaurant and Lounge



The celebrated Pro Chef of the Year 2021 award saw three of the region's best chefs, nominated and selected by a prestigious panel, battle it out in a mystery box cook-off at The Emirates Academy of Hospitality Management in November 2021. The winner was crowned the highly-coveted title of 'Pro Chef of the Year 2021'.

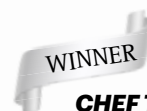
Meet our finalists!

CHEF RUSSEL IMPIAZZI

Sofitel Dubai The Obelisk

CHEF RICARDO GONÇALVES

Bagatelle Dubai



CHEF TROY PAYNE

*The Pangolin
Restaurant & Lounge*

The three top chefs went head-to-head at the Chef of the Year cooking competition, creating star dishes with mystery ingredients provided by Casinetto. Each chef had three hours to plan and produce a starter, main and dessert, using a minimum of two items from the mystery box in each course, alongside pantry staples.

The dishes were served to a judging panel of industry experts, including Giacomo Bernardelli, Founder and Managing Director of Casinetto, Michael Kitts, Director of Culinary Arts at The Emirates Academy of Hospitality Management and James Knight-Pacheco, the Pro Chef of the Year 2020 winner and Executive Chef at ME Dubai.

To ensure fairness, the competition was a blind tasting wherein the judges scored points for each course out of 10, across criteria such as Creativity, Use of Ingredients, Technique, Presentation and Taste, with a maximum of 150 points to be obtained.

After a noteworthy competition where each chef gave their best, and following tough deliberation, Troy Payne, Head Chef at The Pangolin Restaurant & Lounge, was named The Pro Chef of the Year's 'Chef of the Year 2021'!

Take a look at the action behind the scenes!



“The fun side was actually hanging out with these other guys in the kitchen. When all three of us were in there doing things, it was nice to feel the flow and movement of food and different ideas happening. It may be a competition, but it’s a lot more fun than that.” – **Chef Troy Payne**





“Listen, it was fun! It was three plates of food – we had to do a starter, main course and dessert. You got a starter, main course and dessert.” – **Chef Russel Impiazzi**



“It was challenging, it was different. But it was fun!” – **Chef Ricardo Gonçalves**

WITH THANKS TO

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Official Media Partner



Mystery Box Partner



Pro Chef of the Year Competition Host



Trophy Sponsor



COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



B.I.G – BRUNCH IN GARAGE FOR FOUR, WORTH OVER AED1,500

One lucky winner will receive a package for four, to enjoy B.I.G – Brunch In Garage, Abu Dhabi's biggest brunch that takes place every Saturday from 1-4pm. The award-winning, high-octane party at W Abu Dhabi – Yas Island is the perfect way to kickstart the weekend. Hear the sound of race cars swooshing by, as you enjoy cold beverages from the signature 'Tap On Wheels' cart, and tuck into scrumptious dishes from five different culinary hubs, as the resident DJ sets the tone for a spectacular afternoon.



SUNSET SUSHI DINING EXPERIENCE FOR TWO AT THE SUSHI LOUNGE, WORTH OVER AED800

The award-winning destination situated at the heart of Dubai, Dukes the Palm, a Royal Hideaway Hotel, offers a five-star escape into a world of glamour and exclusivity. Its very own Sushi Lounge has launched a new menu of delectable sushi offerings. Available from 6-10pm every evening from Tuesday to Sunday, diners can revel in a wide selection of flavourful sushi. One lucky winner will receive a sunset sushi dining experience for two to enjoy an array of freshly prepared maki rolls, nigiri, sashimi, and more.



BRUNCH FOR TWO AT ZOCO, WORTH AED750

Start your weekend right with a fun-filled Mexican fiesta featuring unlimited winning beverages and food. At ZOCO's Arriba Arriba Brunch, smiling faces and sombreros set the atmosphere for a relaxing Saturday afternoon. Enjoy a sumptuous range of all-time brunch classics with signature dishes from the menu on offer. A lucky winner will stand the chance to win a house package for two. So, get ready to unwind and go LOCO for ZOCO with your loved ones. Arriba Arriba!



A BATEEL BOUTIQUE EXPERIENCE, WORTH AED500

A renowned brand in the gourmet date and chocolate market, Bateel has elevated the art of gifting. Presenting an array of gourmet products and elegant packaging, select from a wide range of organic dates, filled dates, single-origin chocolates, biscuits, and other premium epicurean delicacies of your choice. One lucky winner will receive a gift voucher to enjoy in any Bateel boutique, for the ultimate luxury gifting experience.



VOUCHER FOR BRW SOCIETY TEA, WORTH AED500

BRW Society offers delightful tea blends with a mix of unique ingredients, resulting in an array of vibrant creations with exceptional taste. The UAE-based tea brand offers over 50 tea products available in both loose leaf and plastic-free teabags, sold in supermarkets, cafés, hotels and online. The mission is to get the UAE drinking great quality tea with whole leaves and ingredients that are sourced sustainably. One lucky person will get the chance to pick their favourites from the BRW Society website.



BRUNCH FOR TWO AT AL MAEDA RESTAURANT AND LOUNGE, WORTH AED500

Slide into winter with Al Maeda's new immersive dining experience, Life is Sweet, at DoubleTree by Hilton Hotel Dubai - Jumeirah Beach. The artfully curated pop-up concept features a trendy twist on mouthwatering Lebanese cuisine. Offering the best of both worlds, the Life is Sweet theme is soulful and vibrant at the same time, boasting sharing dishes accompanied by an impressive selection of pink concoctions inspired by the tales of 1001 Arabian Nights. One winner will receive the Life is Sweet soft beverages Brunch package for two.



VOUCHER FOR DOMINO'S, WORTH AED500

Domino's, the official pizza provider of Expo 2020 Dubai with dedicated Expo stores in the Sustainability, Mobility and Opportunity Pavilions, invites diners to catch up and enjoy time with loved ones at any Domino's store in UAE. Known for serving fresh, hand-crafted, supreme quality pizzas, a wide range of bread and chicken sides, as well as delightful desserts, the brand believes in delivering great value that is accessible to everyone, every day. One lucky winner will win a voucher to spend at any UAE store, excluding Expo 2020 Dubai.



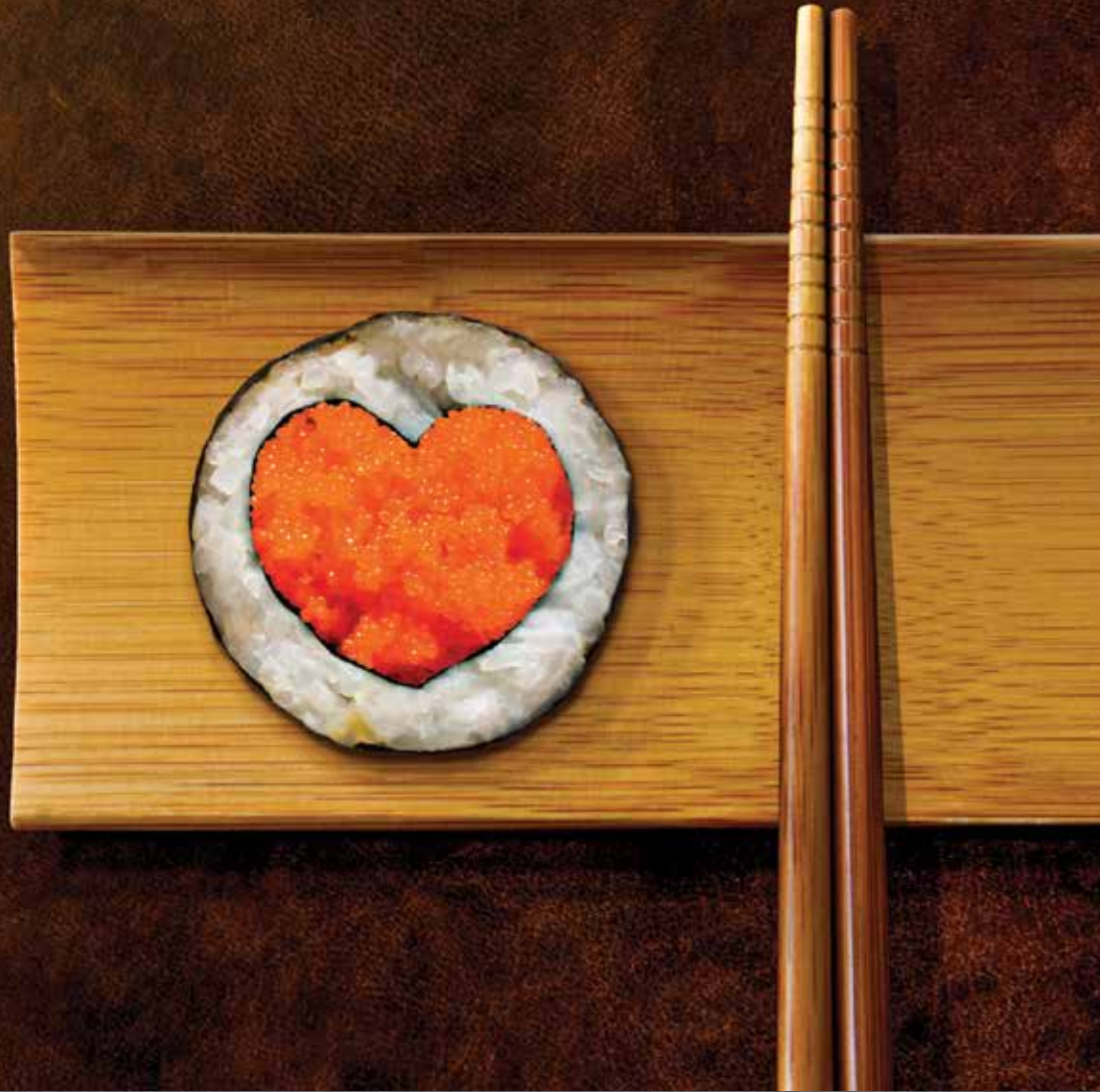
VOUCHER FOR TWO AT LOLA TABERNA ESPAÑOLA, WORTH AED500

At Lola Taberna Española, diners are transported to the streets of Andalucía in Spain where tabernas are the perfect place to enjoy spectacular Spanish food such as Tortilla Española and Croquetas, together with punchy sips. Every Tuesday, this award-winning Spanish restaurant presents Pintxo Latino. A staple in Spanish tabernas, pintxos comprise slices of bread topped with dry-cured ham, cheese, mushrooms, stuffed peppers and anchovies. One lucky winner will receive a voucher for two to enjoy Lola's Pintxo Latino and experience Spanish culture and cuisine, just like in Spain.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



FALL IN LOVE, THE TOSHI WAY!

This Valentine's Day, treat your date to a night out at Toshi!

On February 14th, we're going all out with a romantic Asian buffet spread, so you can indulge in all your favourite recipes from our kitchen—all made with love in the way only Toshi restaurant can do it.

You will have the chance to try cold and hot appetizers, soups, salad, noodles, and hot dishes expertly prepared by our chefs. And because we know how much you love dessert, we have got a heart-shaped cake with your name on it.

But that's not all! We're also throwing in some red roses for the ladies and a cherry sparkling drink to get the night started right.


Monday, 14th of February 2022
6:30 pm to 11:30 pm

AED 269 per person
including soft beverages

AED 369 per person
including 3 hours free flow of selected house beverages



For reservations call +971 4 423 4170 or
email fbreservations.gmhd@millenniumhotels.com

 @ToshiDubai
www.grandmillenniumdubai.com



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